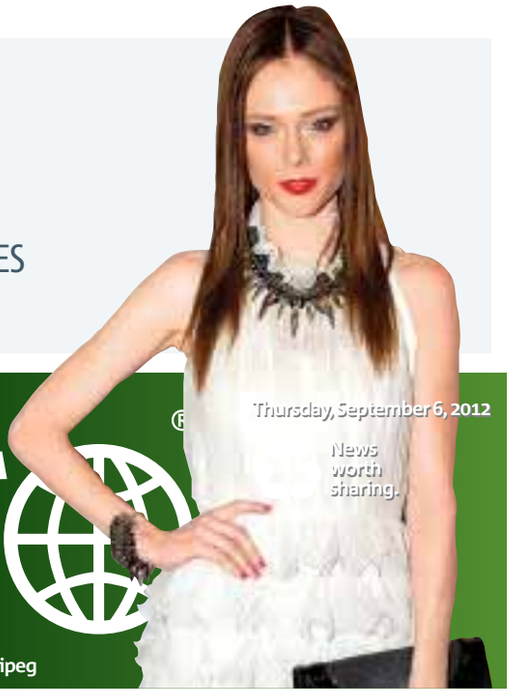
SHOPPERS DRUG MART
SEE WHAT'S NEW... CHECK OUT OUR LATEST OFFER ON PAGE 18

A MODEL OF SOCIAL MEDIA

QUEEN OF POSING @ COCOROCHA ALSO RULES TWITTER, GOOGLE PLUS AND INSTAGRAM PAGE 19



WINNIPEG metro
Thursday, September 6, 2012
News worth sharing.
metronews.ca | twitter.com/metrowinnipeg | facebook.com/metrowinnipeg

FMG MANITOBA DRAGON BOAT FESTIVAL
A PROUD PARTNERSHIP OF THE CANCERCARE MANITOBA FOUNDATION & THE CHILDREN'S HOSPITAL FOUNDATION OF MANITOBA
Paddles up!
Cheer on the teams, take part in the kids' activities, make a donation and have a fun family day.
Lake Shirley Water Ski Park
365 Murdock Road, off Dugald Road
Friday, Sept 7, 4pm – 9pm
Saturday, Sept 8, 7am – 7pm
Sunday, Sept 9, 8am – 6pm
CancerCare Manitoba FOUNDATION · FMG Dragon Boat · The Children's Hospital Foundation of Manitoba
99.1 fresh fm · CJOB 68 · metro

NORTHERN LIGHTS GO SOUTH

The northern lights made a spectacular early-morning appearance Wednesday, bursting into the sky over southern Manitoba around 1 a.m. Also known as the aurora borealis, they make their way to southern Canada a few times a year. RON CANTIVEROS/FOR METRO

Zoo's clues

Sneak peak at the zoo's upcoming exhibitions, including polar bears PAGE 4

PQ targeted?

Fishing retreat owner only suspect in Tuesday night's victory party shooting PAGE 10

After the roast

Tom Arnold in the 'Peg following an appearance on Roast of Roseanne PAGE 13

Cool for school

From avoiding the Frosh-15 to smart wardrobe options, our guide has you covered PAGES 23 -28

Sinclair inquiry begins

Invisible. Lead lawyer says Phoenix was failed by everyone around her

The inquiry into the death of Phoenix Sinclair opened Wednesday with a promise by the lead lawyer that the hearing will be a thorough examination of Manitoba's child welfare system.

Sherri Walsh told the inquiry the evidence will focus on how Phoenix was failed by virtually everyone around her.

"One of the central themes of this inquiry, quite plainly, is to consider how it is that in our society, a small child can become so invisible," Walsh said in her opening statement.

"Invisible to an entire community, one which includes social service agencies, schools, neighbours, friends and family. So invisible as to literally disappear."

To drive home the point, Walsh opened the proceedings showing photographs of Phoenix as a toddler in foster care, smiling and playing with toys.

Phoenix spent most of her life in a foster home before being returned to her mother, Samantha Kematch, in 2004.

She died the following year at age five after a series of brutal assaults. Her death went unnoticed for several months. Kematch and her boyfriend, Karl McKay, were later convicted of first-degree murder.

The first witness at the inquiry testified that the Winnipeg Child and Family Services agency, which was in charge of Phoenix's file, was dealing with a lot of uncertainty in 2005.

"(There) was just an increase in the amount of work workers were required to do related to providing services to families," Alana Brownlee, the agency's chief executive officer, told the inquiry.

On Thursday, the inquiry will hear from the first of several people who called authorities with concerns about Phoenix's care. **THE CANADIAN PRESS**

FORD CHEVROLET DODGE GMC CHRYSLER KIA TOYOTA CADILLAC
Apply online @ AutoMallFinance.com 1-877-796-0505
NEW & USED
GUARANTEED APPROVAL ALL LEVELS OF CREDIT
NEED A CAR NEED FINANCING
NEED A GREAT DEAL
100'S OF VEHICLES AT SALE PRICES!
VANS STARTING@$89 B/W
CARS STARTING@69 B/W
TRUCKS STARTING@$119 B/W
SUV'S STARTING@$99 B/W
IF YOU CALLED US YESTERDAY, YOU WOULD BE DRIVING TODAY!
AUTO MALL FINANCE 1000-1717 WAVERLEY ST. WINNIPEG, MB

Change your life today with Dream Lottery!

OVER $2.92 Million TO WIN! OVER 5,200 Prizes to WIN!

Help Babies and Kids at St-Boniface Hospital and Children's Hospital

3 Grand Prize Choices

Odds are Better Than 1 in 12 To Win

CA$H options on ALL major prizes!

Amazing DREAM LOTTERY for Kids

ARTISTA HOMES

WORTH OVER $1.2 Million

Choose from 2 amazing packages or

$1,035,000 Cash

PLUS Huge 2nd Grand Prize or Cash

You win. You choose!

HURRY! 50/50 ALREADY OVER 85% SOLD

Supporting the Children's Hospital Foundation of Manitoba

partial proceeds to Hôpital St-Boniface Hospital FONDATION • FOUNDATION

"You can make dreams come true!"

50/50 PLUS™

CURRENT TOTAL OVER $610,300

Up to $700,000! Winner gets half!

LIMITED TICKETS Maximum 58,000

SEE IT ALL ONLINE

DreamLottery4Kids.ca

BY PHONE (204)940-5437 TOLL FREE 1-855-886-5437

Single Ticket for $100 | 3-pack Ticket for $250 | 7-pack Ticket for $500

50/50 PLUS™ *Single tickets just $10 | 5 for $25 | 15 for $50*

License No. MGCC1138RF

Brought to you by The Children's Hospital Foundation of Manitoba. Intended for Manitoba residents only, unless purchased in person in Manitoba.

Bus stabbing. Violence calls transit security into question

The union representing city bus drivers in Winnipeg is calling for increased security after a passenger was stabbed on a bus on the weekend.

A 20-year-old male was stabbed by another man Saturday night. The incident isn't the only time violence has broken out on a city bus this summer. In July, a spate of pepper spraying on city buses left people needing medical attention.

Jim Girden of the Amalgamated Transit Union says such incidents underline the need for a transit police force.

He says transit officers should have the authority to arrest and charge individuals.

Numbers compiled by the city show assaults against bus drivers are up 300 per cent over the last six years.

A report to city hall recommended changing the angles of the cameras on buses to aid in investigations.

Coun. Brian Mayes says it's time to go a step further. Mayes wants police officers on trouble bus routes or the creation of a transit police unit.

Mayes estimates the unit would cost the city about $500,000. THE CANADIAN PRESS

Resignation

Scarth steps down from MHRC

The Manitoba Human Rights Commission is looking for a new executive director. The commission said in a release that Dianna Scarth is leaving after 16 years at the helm to teach at the University of Winnipeg. Scarth introduced new ways of resolving complaints — a system that is now followed by many other commissions across Canada. THE CANADIAN PRESS

Homicide. Police identify victim after body found

Winnipeg police are investigating after confirming that a body found in the 1000 block of Main Street Sunday was a homicide.

Simone Sanderson, 23, was last seen in the west end on Aug. 26. The victim's uncle, Derrick Sanderson, told Metro that homicide investigators privately notified the family.

Sanderson said his niece, who was the mother of a two-and-a-half year-old son and struggled with drug and alcohol abuse, but was looking at starting school and working to spend more time with her son.

Simone Sanderson in a photo uploaded to Facebook on June 9. FACEBOOK

Area residents found the body near the corner of Burrows Avenue and Main Street at about 2:20 p.m. Sunday. METRO

Report. Manitoba MLA salaries frozen until 2014

Manitoba MLAs will see a salary increase, but not until 2014.

Michael Werier — the independent commissioner appointed to decide MLA salaries, allowances and retirement benefits — said he has decided to freeze MLA and cabinet pay until April 2014.

He has also reduced cabinet pay by 20 per cent, making Manitoba's premier and cabinet ministers among the lowest-paid in Canada.

However, come 2014, MLAs will receive a salary of $89,500, an increase of 4.6 per cent. Cabinet members will see an additional $49,000 added to their salaries, and the premier will see an extra $75,000 added to his paycheque. These would be the first pay raises in five years.

The report, issued to the legislative assembly, provided an increase to allow for travel, constituency office rent, assistant salaries and moving expenses.

"MLAs should not run out of funding before the end of the year in the performance of their public duties," said Werier. "The work of MLAs has changed and resources have to be provided." METRO

Financial review on land-swap deal called

Fire halls. Mayor Sam Katz says there is no set completion date for the review

BERNICE PONTANILLA
bernice.pontanilla@metronews.ca

Winnipeg Mayor Sam Katz said making sure taxpayers got a good deal in a controversial land swap is the reason a financial review is now taking place.

"As mayor, I believe it is my job to make sure that at all times the taxpayers are protected," said Katz, after Wednesday's executive policy committee meeting. "I want to know (if) this is a very good deal for the city; this is a fair deal for the city; or this is a bad deal."

Katz said he asked the city's chief financial officer, Mike Ruta, to conduct a financial review on the replacement and relocation of four fire paramedic facilities: No. 18 Station on Roblin Boulevard, No. 27 Sage Creek, No. 12 Taylor Avenue fire hall, and the soon-to-be built No. 11 fire station in the cloverleaf at Portage Avenue and Route 90.

Media learned recently that Shindico Realty advertised land for lease at an old fire hall site as part of a land swap deal for the new site on Taylor Avenue.

However, the swap had yet to be approved by council.

City officials said despite the confusion, the deal was done properly.

Katz backed up his officials, saying the idea behind the review is to assure "value."

"They have followed what they believe to be correct procedure," added Katz.

"What we're talking about right now is to make sure that there's value for value. There's a land swap that we've done on many occasions in the past, I'm sure there will be more done in the future."

Katz said there is no set completion date for the financial review.

Mayor Sam Katz said Wednesday that a financial review of a controversial land-swap deal is about protecting taxpayers. BERNICE PONTANILLA/METRO

1 NEWS

Mobile news

Thought public proposals couldn't get any more (insert adjective here)? Scan the code to watch a groom with a bleeding heart fake one in the name of love.

Paddles up!

Cheer on the teams, take part in the kids' activities, make a donation and have a fun family day at Lake Shirley Water Ski Park.

All funds raised stay right here in Manitoba to help kids fighting cancer by providing direct patient care and critical research.

CancerCare Manitoba FOUNDATION
FMG Dragon Boat
The Children's Hospital Foundation of Manitoba
MEDIA SPONSORS:
99.1 fresh fm
CJOB 68 SUPERSTATION
metro

FMG MANITOBA DRAGON BOAT FESTIVAL
A PROUD PARTNERSHIP OF THE CANCERCARE MANITOBA FOUNDATION AND THE CHILDREN'S HOSPITAL FOUNDATION OF MANITOBA

Lake Shirley Water Ski Park
365 Murdock Road, off Dugald Road
Friday, Sept 7, 4pm – 9pm
Saturday, Sept 8, 7am – 7pm
Sunday, Sept 9, 8am – 6pm
cancercarefdn.mb.ca
204-927-5433

FROM ESCAPING A 'DARK PAST' TO GAS AND SHARP NEEDLES

ABOVE-AVERAGE JOE
Kerri Salki

Taralyn Hrynyk Goodall. CONTRIBUTED

Meet Taralyn Hrynyk Goodall! Currently working as a registered respiratory therapist, she calls her years employed by the taxation department as her "dark past."

This busy mom of two (Dexter, 2, and Estelle, 4) still makes time to help others. Her team Movin' for Melons was the top team fundraiser last year for the CIBC Run for the Cure. She considers herself a funky Ukrainian gal, but her dance moves, self-admittedly, are similar to Elaine's on Seinfeld.

Born: Women's Hospital, Dec. 21, 1972
Occupation: Anesthesia assistant; registered respiratory therapist. I have gas. And sharp needles.
Dream job: Working at Shelmerdine's Nursery, since I can't afford to buy every perennial they have. I'm a farmer's daughter!
Favourite foods: Don't pressure me. I'm a foodie. I live for food and beverages!
Favourite sport: I hate sports, exercise: I can't even spell Yogaa.
Favourite song: Moneybox, by Eliza Doolittle
Favourite time of the day: That awesome moment between buckling the kids in the back seat and the trip around the back of the car before getting in.
Pet peeve: Toxic personalities
Favourite decade: The 1940s. I love barkcloth, full skirts and Arborite.

Just because they're not famous doesn't mean they're not a somebody. If you know an Above Average Joe that you think needs recognition, e-mail me at kerri.salki@102clearfm.rogers.com.

KERRI IS PART OF THE SHOW JAY AND KERRI IN THE MORNING ON 102.3CLEARFM.

Investigation

Pilot survives plane crash

A 75-year-old pilot walked away after his ultralight plane crashed near Ashern Wednesday morning. Ashern RCMP said the plane crashed at 8:20 a.m. after hitting hydro lines. METRO

Joyride

Teens accused of car theft

Three 13-year-olds were arrested Monday after stealing a car on Portage Avenue. Police said a citizen spotted the trio after they swiped a car just before 3 a.m. and called police. METRO

Local zoo gets a little piece of Churchill

Don Peterkin, COO of the Assiniboine Park Conservancy, points out different exhibit spaces as construction crews work on the zoo's new 10-acre Journey to Churchill exhibit. SHANE GIBSON/METRO

Polar bears. Media get sneak peek at major new exhibit at Assiniboine Park Zoo

SHANE GIBSON
shane.gibson@metronews.ca

A major construction project underway at the Assiniboine Park Zoo will see one of the world's largest polar bear exhibits added to the zoo's attractions, and Metro got a sneak peek at the action on Wednesday.

Local media were guided through the future home of Journey to Churchill — a 10-acre exhibit that will be home to northern animals including polar bears, musk ox, caribou, arctic fox and snowy owls.

"This exhibit, when it's complete, will no doubt be the preeminent Northern Canadian exhibit anywhere in the world," explained Assiniboine Park Conservancy's COO Don Peterkin.

"It's something that is truly unique and will become an attraction for visitors from all over the globe and really position Winnipeg and Manitoba as the polar bear capital of the world."

The exhibit is estimated to cost $69 million and is the second phase of the conservancy's three-phase, 10-year redevelopment plan that will cost $200 million.

The Journey to Churchill exhibit will take up roughly an eighth of the zoo's total footprint and will boast three separate polar bear enclosures — including one with an underwater tunnel allowing visitors to see the bears and ring seals from below the ice, a domed theatre with a 360-degree viewing screen, and a model of the Town of Churchill, among other features.

"This is going to be our significant contribution to conservation, to research, and to education related to the zoo community," said Peterkin, explaining the facility will also act as a rehabilitation spot for abandoned polar bear cubs from northern Manitoba.

The Journey to Churchill exhibit is expected to open by spring 2014.

By the numbers

- **11,000.** The number of dump truck loads of earth moved in order to start construction on Journey to Churchill
- **1,959,714.** The amount of water in litres needed to fill the pools for the polar bears
- **1,030,330** .The amount of rebar in kilograms needed for the construction of Journey to Churchill

SOURCE: ASSINIBOINE PARK CONSERVANCY

RBC Royal Bank

Trim debt. Increase smiles.

If you have extra money to put against existing debt, which should you pay off first?
Tip: Prioritizing debt is the secret to trimming down debt.

1) $5,000 at 10% interest
2) $15,000 at 4% interest
3) $10,000 at 6% interest

Get started today at rbc.com/smile

Or scan here using your mobile device to learn more.

Advice you can bank on™

TM

The correct answer is #1. While there is a tendency to pay off the largest balance, the higher the interest rate on the loan, the more it's costing you to carry it.

Please note that the above scenario should in no way be construed as direct financial advice. Our intent is to provide tips and examples which are based on assumptions. The true cost of borrowing will depend on how much you borrow, how long you borrow for, and your interest rate. Because the cost is a combination of factors, a low interest rate over a long term can actually end up costing more than a higher interest rate over a short term. ®/™ Trademark(s) of Royal Bank of Canada. RBC and Royal Bank are registered trademarks of Royal Bank of Canada.

Premier Greg Selinger, Immigration Minister Christine Melnick and Dale Lacombe of PricewaterhouseCoopers, cut a ribbon featuring flags of dozens of countries, officially opening Manitoba Start on Portage Avenue.
BERNICE PONTANILLA/METRO

Manitoba Start gets new start at historic Avenue building

One-stop shop. Program connects newcomers to Winnipeg with potential employers

BERNICE PONTANILLA
bernice.pontanilla@metronews.ca

Allan Pamplona said Manitoba Start gave him back his confidence and control of his professional future.

Today Pamplona works as a deputy registrar for the Manitoba Securities Commission, in the same field as in his native Philippines, from where he immigrated in 2010.

But there was a time, when he first arrived in Winnipeg, that a return to working in the financial sector seemed impossible.

"Finding a job was my top priority, initially it was a confusing and difficult time," Pamplona told the crowd gathered to officially open Manitoba Start's new offices in the Avenue Building at 271 Portage Ave. on Wednesday.

"Manitoba Start gave me the motivation and the inspiration to not give up."

Pamplona said he took every free accounting and computer course he could, but it was Manitoba Start's eight-week employability skills training program that helped him achieve success.

Premier Greg Selinger said Manitoba Start is a "one-stop shop," connecting immigrants with programs and employers.

"It's been so successful up to now, over 83 per cent our newcomers are employed in the area of their skills and training within three months," said Selinger during the opening.

"This service here will be the first place that people are in contact with when they come to Manitoba."

Judith Hayes, Manitoba Start board chairperson, said the Avenue Building office offers "a unique meeting point between the old and the new."

Gang speculation

Police mum on whether three shootings linked

Speculation of gang activity is being linked to three shootings Tuesday night.

The first shooting happened on Furby Street, where shots were fired seemingly into the air at about 8:40 p.m.

The second shooting took place on Boyd Avenue at 11:15 p.m. Police said a home was shot at and, though people were inside, no one was hurt.

The third shooting happened a few hours later at a home on Toronto Street. No one was hurt. METRO

Complaint. Cabbies say police not fair, ultimatum given

Two of Winnipeg's biggest taxi companies are threatening to stop picking up and dropping off fares at nightclubs and bars on weekends — starting this Friday — unless the city agrees to meet and discuss what the companies call police harassment against their drivers.

Unicity Taxi and Duffy's Taxi made the ultimatum in a letter sent to the city, the Winnipeg Police Service, and media.

"We feel that some police officers have crossed the line and are treating our drivers in a manner that is subhuman with threats, laughter, taunting, and harassment," stated the letter, which demanded a meeting by Thursday.

"If this meeting request is not granted… we will have no choice but as a first step to not serve any bars, nightclubs, or hotels related to bars or nightclubs."

The letter was written on behalf of Gurmail Mangat, president of Unicity Taxi, who alleges an officer roughed up one his drivers on Saturday night while dropping off a customer in front of Whisky Dix nightclub.
SHANE GIBSON/METRO

comwave
Home Phone
Why pay $30, $40 or even $50 for a home phone line?
Unlimited LOCAL
$14.95 /month
Unlimited local calls plus over 14 FREE features
Unlimited CANADA
$19.95 /month
All the features free plus unlimited Canada-wide long distance
Unlimited GLOBAL
$29.95 /month
All the features free plus unlimited long distance to almost 60 countries
Limited Time Offer:
6 Months FREE
Download our Comwave Mobile App
3 Days Free Trial
1-866-210-0444
www.comwave.net

WagJag.com

DEAL OF THE DAY!

GET DEALS ON YOUR PHONE: Made for iPhone

Multiple Offers

HEPCAT STUDIO: TWO OPTIONS
OPTION 1: $19 FOR A 6-WEEK DANCE COURSE FOR 1 PERSON
OPTION 2: $35 FOR A 6-WEEK DANCE COURSE FOR A COUPLE

Regular Price: $42

You Save: $23

Discount: 55%

$13 FOR A JUST ME MUSIC KID'S PERSONALIZED CD FROM SHIP DIRECT (A $26 VALUE)

$5 FOR $25 TOWARDS ONLINE LEGAL AND BUSINESS DOCUMENTS INCLUDING COMPLETE WILL KIT AND ESTATE PLANS FROM MEGADOX.COM

$49 FOR AN ARGAN-INFUSED ASSORTED BEAUTY PACK INCLUDING FACE ELIXIR, BODY OIL, FACE CREAM AND MORE FROM ORGANIC RITUALS (A $215 VALUE)

WagJag Golf

FUERZA: TWO OPTIONS
OPTION 1: $38 FOR A FRZ-2455 GOLF AND LEISURE WINDBREAKER
OPTION 2: $45 FOR A FRZ-2457 GOLF AND LEISURE JACKET

Visit: WagJag.com

Follow us: facebook.com/wagjag @wagjag

Hurry to WagJag.com to purchase local deals before time runs out.

This one was 'wow!' survivor says after earthquake hits

Central America shaken. Roads cracked, power lines fell, shelves tumbled: 'We held on to each other, we kept falling'

People gather outside an office building in San Jose, Costa Rica, to survey damage from an earthquake that rocked a wide swath of Central America on Wednesday. JOSE PABLO PINEDA VIA INSTAGRAM/THE CANADIAN PRESS

"It was incredibly strong. I've felt earthquakes, but this one was 'wow!'"

That was survivor Jairo Zuniga, 27, talking after a powerful, magnitude-7.6 earthquake shook Costa Rica and a wide swath of Central America on Wednesday.

Amid the panic, houses collapsed, highways were blocked and there was at least one death from a heart attack.

The quake briefly triggered a tsunami alert.

Zuniga said everything in his house in the beach town of Cangrejal fell when the quake hit around breakfast time.

"When we felt the earthquake, we held onto each other because we kept falling," said Rosa Pichardo, 45, who was walking on the beach in the town of Samara with her family when the quake hit.

"I've never felt anything like this. We just couldn't stay standing. My feet gave out under me. It was terrible, terrible," she said.

The U.S. Geological Survey said the giant quake was centred about 60 kilometres from the town of Liberia and 140 kilometres west of Costa Rica's capital, San Jose, where frightened people ran into the streets.

The quake was deep — 41 kilometres below the surface. Quakes that occur deeper underground tend to be less damaging.

The last deadly quake to strike Costa Rica was in 2009, when 40 died.

THE ASSOCIATED PRESS

No outdoor speech

Storm fears push Obama inside

Democratic officials are moving U.S. President Barack Obama's convention speech indoors because of the possibility of severe weather on Thursday.

Obama had planned to accept his party's nomination in an outdoor football stadium in Charlotte, N.C.

But forecasters have predicted severe thunderstorms in the 9 to 10 p.m. hour, raising concerns about the safety of supporters, volunteers, staff members and law enforcement.

THE ASSOCIATED PRESS

Storms on horizon

Leslie, Michael churning closer

U.S. forecasters say Leslie has strengthened into the sixth hurricane of the Atlantic season but is still far from land.

Meanwhile, Tropical Storm Michael is gaining strength farther out to sea, but not posing a threat — yet.

THE ASSOCIATED PRESS

Scooter man makes waves

Water, water everywhere ... but that didn't stop this man from navigating his scooter through a waterlogged street after heavy rain fell in Kolkata, India, on Wednesday. The monsoon rains that usually hit India from June to September are crucial for farmers whose crops feed the country's massive population. BIKAS DAS/THE ASSOCIATED PRESS

Boys look at artifacts displayed at the National Museum of Afghanistan in Kabul last month. The museum is slowly rebuilding, with looted treasures finally being returned. AHMAD JAMSHID/THE ASSOCIATED PRESS

Looted artifacts' return helps rebuild Afghan museum

Weathering war. National museum overcomes decades of hardship to restore facility to pre-war reputation as one of the region's finest

Right down to the power cuts that frequently plunge its artifacts into shadow, the National Museum of Afghanistan is a symbol of the country's decades of hardships. Its building was shelled, looted and caught fire during the civil war in the 1990s. Taliban extremists later smashed many centuries-old statues.

Now, the museum is slowly rebuilding, thanks to international efforts to return thousands of looted treasures — and to heroic Afghan staff members who hid its most priceless works during the war years and kept the secret for more than a decade.

The museum welcomed home nearly 850 Afghan artifacts in early August — including a 3,000-year-old Bronze Age axe, a 1st Century ivory elephant carving and a life-sized Buddha statue — that were either stolen from the museum or illegally excavated during decades of insecurity.

The museum welcomed home 850 Afghan artifacts in August. AHMAD JAMSHID/THE ASSOCIATED PRESS

The British Museum catalogued and helped return the pieces in co-operation with British authorities, who seized many from smugglers. It was the second major handover of Afghan historical pieces by the British Museum. In 2009, about 1,500 historical pieces were returned.

The aim is to restore the facility to its pre-war reputation as one of the finest in the region, with displays ranging from the Bronze Age to more contemporary Islamic art.

The museum's latest acquisition is a Buddha statue estimated at about 1,700 years old. Looted from the museum during the civil war that followed the Soviet occupation, the statue turned up in Japan in a private collection before it was bought by an anonymous donor who arranged for the return to its Afghan home.

That's a heritage that not all appreciate. In 2001, the Taliban dynamited a pair of giant Buddhas carved into a mountain in Bamiyan province. Around the same time, the Taliban also rampaged through the national museum, smashing any art depicting the human form, considered idolatrous under their hardline interpretation of Islam. In all, they destroyed about 2,500 statues.

THE ASSOCIATED PRESS

A worker examines artifacts handed over to the National Museum of Afghanistan in Kabul. MUSADEQ SADEQ/THE ASSOCIATED PRESS FILE

Hidden treasure

The National Museum was once renowned for having one of the region's finest collections, with some 100,000 artifacts including millennia-old tools from some of the earliest human settlements.

- But after Soviet troops withdrew from Afghanistan in 1989, museum workers became increasingly concerned as the country deteriorated into civil war.
- So, in 1989, several staff members packed up some of the museum's most treasured pieces — including the legendary "Bactrian gold," an intricate collection of tens of thousands of gold and silver coins, crowns and jewelry more than 2,000 years old — and hid them in two locations in central Kabul, one of them a secret vault under Kabul's central bank.
- The pieces remained hidden until 2003, when their existence was revealed. Now the Bactrian gold and other rescued artifacts are on a tour of museums around the world, having been displayed in New York, Paris and London.

Probe. Soldiers fired over insider attacks

Afghan authorities have detained or removed hundreds of soldiers in an investigation into rising insider attacks against international service personnel who are their supposed partners in the fight against Taliban insurgents and other militants, officials said Wednesday.

The crackdown is the result of the Afghan Defence Ministry's effort to re-evaluate soldiers to stem the attacks, which are complicating plans to train Afghan forces so that most foreign troops can withdraw from the country by the end of 2014. President Hamid Karzai's government hopes Afghan forces can take responsibility for security nationwide by that time.

The U.S. military is taking precautionary measures and recently stopped training about 1,000 members of the Afghan Local Police, a controversial network of village-defence units that is growing but remains a fraction of the country's army and police force. Karzai has expressed concern that without careful vetting, the program could end up arming local troublemakers, strongmen or criminals.

THE ASSOCIATED PRESS

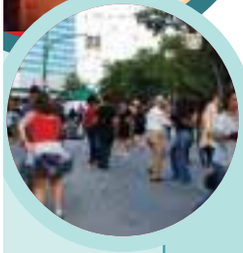
Manitoba Lotteries

manyfest

All together downtown

COME CELEBRATE

COMMUNITY • ARTS • ENTERTAINMENT • HEALTHY LIVING



Taste of Downtown Winnipeg Wine & Cheese
Friday, Sept. 7 - Saturday, Sept. 8 - Sunday, Sept. 9

Sip cabernets, chardonnays, and many other fine wines while sampling gourment food in support of Winnipeg Harvest.

Ciclovia
Sunday, Sept. 9

Fitness classes, Soapbox Derby, the Tweed Ride, a car-free route from Assiniboine Park to Broadway and much more.

Giant Movie in the Park
Friday, Sept. 7

Roll out your blanket in Memorial Park and watch a movie on a giant outdoor screen under the stars.

Winnipeg 10 + 10
Sunday, Sept. 9

Enjoy the scenic 10 km, 10 mile, or 5km run that starts and ends in Memorial Park.

Lights on Broadway
Saturday, Sept. 8

Walk or cycle down Broadway in a Parade of Lights.

Broadway Farmers' & Artisan Market
Saturday, Sept. 8 - Sunday, Sept. 9

Stroll among dozens of vendors, browse handmade jewelry, and pick up some fresh veggies.

Big Dance on Broadway
Saturday, Sept. 8

It's a dance party like no other with two stages playing various genres of music. Jive, swing, bop and groove to live tunes.

Minifest Kids' Zone
Saturday, Sept. 8 - Sunday, Sept. 9

Bring the family to enjoy bouncers, crafts, buskers, activities & more.

September 7 - 9 manyfest.ca

ON BROADWAY

want to volunteer? visit: manyfest.volunteerhub.com

HOST SPONSOR

TITLE SPONSOR

SUPPORTING SPONSORS

GOLD SPONSORS

EVENT SUPPORTERS

MEDIA SPONSORS

FRIENDS

Lake mystery. Police tight-lipped over torso found in floating suitcase

A rotting torso was found stuffed inside a suitcase floating in Lake Ontario off the shore of a Toronto park Wednesday.

But police wouldn't say if the discovery was connected to the slaying and dismemberment of Toronto woman Guang Hua Liu.

Police said two boaters spotted the suitcase about 2.5 kilometres from shore in Toronto's east-end.

The boaters towed the suitcase to shore and contacted authorities, who searched the waters but found nothing further. The coroner was brought in and conducted an initial investigation.

"The coroner has determined at this time the contents of that suitcase to be that of human remains, to be specific, that of a badly decomposed torso," said Toronto police Det. Les Dunkley.

An autopsy was ordered for Thursday.

Parts of 41-year-old Guang Hua Liu's body — but not her torso — were found in mid-August scattered west of Toronto and near her home in the city.

Liu's estranged boyfriend, Chun Qi Jiang, 40, was arrested Aug. 26 and charged with second-degree murder.

THE CANADIAN PRESS

Quoted

"Until we get the results of (the) post-mortem examination, Toronto police (are) treating this as a suspicious death investigation."

Det. Les Dunkley

Conflict case. Toronto's mayor denies guilt, but he could lose his job

Toronto Mayor Rob Ford repeatedly denied doing anything wrong as he faced an Ontario judge Wednesday over a conflict of interest allegation that could see him kicked out of office.

Ford is in trouble over donations he solicited using an official city letterhead for his private football foundation.

"I believe in my mind, in a conflict of interest, the city benefits and the councillor benefits," Ford told Justice Charles Hackland in a packed Toronto courtroom.

"It takes two parties to have a conflict. In this case, there was only one party. The city did not benefit."

He admitted he had his staff help him stuff envelopes and address them to 11 potential donors but said he paid for the stamps and envelopes himself.

The city's integrity commissioner, Janet Leiper, had found Ford's actions violated the conduct code for councillors. Some of the $3,150 received was from lobbyists and the commissioner recommended Ford pay back the funds.

He never made the repayments, despite several reminders from the commissioner.

Paul Magder, a Toronto resident, launched the lawsuit last March alleging Ford violated the Municipal Conflict of Interest Act.

The hearing is set to continue on Thursday.

THE CANADIAN PRESS

Was Marois the target in fatal gun attack?

Charges pending. Panic ended the election euphoria as Quebec premier-elect was dragged off the stage to safety

Charges are expected soon in a shooting that may have targeted Quebec's premier-in-waiting.

The attack at a Parti Québécois victory celebration Tuesday sent shockwaves across Canada.

Police were continuing Wednesday to question the only suspect.

He was being evaluated at a Montreal hospital and a police spokesperson said he expects a court arraignment Thursday morning.

Police sources said the suspect is 62-year-old Richard Henry Bain, owner of a fishing retreat in the Laurentian mountains north of Montreal.

The gunman was wearing a housecoat and balaclava when he was tackled by police after two people were shot, one of whom died.

Police say they cannot rule out the possibility that Premier-designate Pauline Marois was the shooter's target.

While the gunman was only metres away, he never actually made it past the doorway into the room where Marois was speaking.

While he was being taken away into a police vehicle, the suspect shouted an expletive and spoke of an awakening of English-speaking Quebecers.

Marois pleaded for calm Wednesday.

"Never, never will I accept that Quebec is associated with violence," she said.

THE CANADIAN PRESS

Quebec Premier-designate Pauline Marois reacts Wednesday as she comments on the post-election shooting in Montreal. "Never, never will I accept that Quebec is associated with violence," she declared.

PAUL CHIASSON/THE CANADIAN PRESS

Charest: 'We are blessed'

Jean Charest is ending a stormy 28-year political career — including the last nine years as Quebec premier.

Charest, a staunch federalist who served as federal Progressive Conservative leader before becoming Quebec Liberal leader in 1998, spent a good part of his announcement in Quebec City Wednesday praising Canada.

"We are all blessed to have been born in this country,'' said Charest, 54.

But the longtime premier also hailed Quebecers, who elected him premier in 2003, 2007 and 2008.

"We are a people of dreamers but also builders,'' he said.

Charest's resignation will take effect in a few days when the Parti Québécois officially takes power after its minority victory on Tuesday.

Charest lost his own seat in the provincial election and saw his party form the official Opposition.

He prided himself during his three mandates as premier as a sound economic manager, particularly during the 2008 economic crisis that rocked the world.

He became the youngest cabinet minister in 1986 at the age of 28.

THE CANADIAN PRESS

Jean Charest gets teary as he announces his resignation on Wednesday.

JACQUES BOISSINOT/THE CANADIAN PRESS

Anderson family vision care

BACK TO SCHOOL SPECIAL
Buy one get a spare pair free!
Age 18 and under

GREAT SEPTEMBER SAVINGS
Buy a designer frame and receive free single vision lenses.
Buy a designer frame and receive 20% off progressive lenses.

We carry the very latest in designer fashions: Gucci, Dior, Guess, Jimmy Choo, Fendi, Bebe, Oakley, Nike, Michael Kors, and so much more! Quality budget frames available too! For all your eye care needs see

ANDERSON FAMILY VISION CARE DR. A. ANDERSON & ASSOCIATES
90-2200 McPhillips, Winnipeg MB • 204.633.7482 • www.andersonvisioncare.ca
Some restrictions apply. Cannot be combined with other discounts. Sale ends September 30/12.

Want some good old fashioned sales training?

Don't call us.

Sandler Training
Finding Power In Reinforcement®
Training • Coaching • Consulting
204-668-2803

User fees mean good business for Ottawa

Budget watchdog. Revenues from goods, services that feds offer public raked in $8B in 2010-11: Report

The federal government has made much about its record in cutting taxes, but a new report shows it is making out like a bandit on user fees.

Parliamentary Budget Officer Kevin Page's report on user fees shows Ottawa raked in just over $8 billion in the 2010-11 fiscal year.

That represents only a small portion of what it gets from taxes, but it's more than double the $3.4 billion it got from user fees a decade earlier. In fact, the PBO says user fees have been increasing at around nine per cent annually since 2000.

User fees are defined as revenues derived from the sale of goods and services the government offers the public.

That can include publications, rentals of lands, buildings and vehicles, or such things as temporary-resident permits and divorce registrations.

The budget watchdog notes that this is not just an Ottawa trend. User fees are rising at the provincial and municipal levels as well, and around the world as governments seek new revenue streams. THE CANADIAN PRESS

Revenue sources

The PBO says five departments — Industry Canada, the RCMP, the Canada Revenue Agency, Natural Resources and Public Works — account for 70 per cent of total revenues from user fees.

- But user fees are rising at the provincial and municipal levels as well.
- In 2010, provinces collected about $31 billion from services to the public, four times what the feds took in, and municipalities earned roughly $18 billion.

Nokia's Lumia to battle iPhone, Android

Steve Ballmer, left, chairman and CEO of Microsoft, and Stephen Elop, CEO of Nokia, introduce Nokia's newest smartphone, the Lumia 920, equipped with Microsoft's Windows Phone 8, on Wednesday in New York. Nokia revealed that its first smartphones will run the next version of Windows, a big step for a company that has bet its future on an alliance with Microsoft. The American market is a trendsetter, but Nokia has been nearly absent from it in the last few years. MARK LENNIHAN/THE ASSOCIATED PRESS

Pew survey

Mobile-app users doubt privacy

More than half of U.S. mobile-app users say they have decided not to use an app on their phone because of concerns over privacy, a study released Wednesday found. THE ASSOCIATED PRESS

Market Minute

DOLLAR 100.92¢ (-0.52¢)

Natural gas: $2.795 US (-5.9¢)
Dow Jones: 13,047.48 (+11.54)

TSX 11,990.14 (+48.44)

OIL $95.36 US (+6¢)

GOLD $1,694 US (-$2)

BoC. Interest rate stays at one per cent

The Bank of Canada is hinting it will need to keep interest rates at super-low levels for a while longer, saying stronger growth isn't in the cards for the country until next year.

As expected, the bank's policy-setting panel headed by governor Mark Carney kept the trendsetting interest rate at one per cent Wednesday morning, the same level it's held for the past two years.

And while Carney left his tightening bias unchanged — meaning the next move will likely be to raise rates — his suggestion that low interest rates are at least partly responsible for keeping Canada's economic head above water in the face of global turbulence hinted at continuing that policy.

But CIBC chief economist Avery Shenfeld said with the trend of growth at about two per cent, the economy is unlikely to make much progress in closing the output gap — the measure of when the economy is running on all cylinders. THE CANADIAN PRESS

Facebook. Zuckerberg commits to keeping shares

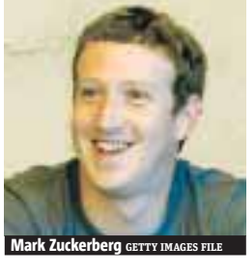
Facebook's stock increased nearly five per cent on Wednesday following a disclosure that its CEO, Mark Zuckerberg, won't sell stock in the company for at least a year.

Zuckerberg holds about 504 million shares and options and had been eligible to start selling them in November.

The company currently has about 692 million shares eligible for sale. The concern is that if Zuckerberg floods the market with additional shares, prices would go down further.

The stock is still trading at less than half of the $38 that it went for in Facebook's May initial public offering. It gained 85 cents, or 4.8 per cent, to close at $18.58 on Tuesday.

Facebook revealed Zuckerberg's commitment in a regulatory filing late Tuesday. It also said that two of its board members, Marc Andreessen and Donald Graham, have no "present intention" to sell stock beyond what they need to cover taxes. THE ASSOCIATED PRESS



Mark Zuckerberg GETTY IMAGES FILE

Competitiveness survey. Canada's ranking slips to 14

Canada's economic competitiveness on the world stage is being pulled down by — among other things — government handling of the innovation file, says an annual report from the World Economic Forum.

Canada slipped two notches to 14th place in the forum's ranking of global economic competitiveness.

While the survey finds Canada benefits from highly efficient markets and excellent infrastructure, it is "being dragged down by a less favourable assessment of the quality of its research institutions and the government's role in promoting innovation through procurement practices."

The report also notes a "slight" downward trend in Canada's performance in higher education, "driven by lower university enrolment rates and a decline in the extent to which staff is being trained at the workplace." THE CANADIAN PRESS

Two failures

"Canada fails to commercialize its good ideas into marketable products and services or capture the value from growth."

Daniel Muzyka, Conference Board of Canada president and CEO

China. Samsung in hot seat over alleged worker abuse

Fresh off a billion-dollar loss in a patent fight with rival smartphone maker Apple, embattled Samsung Electronics Co. now finds itself accused by a labour-rights group of mistreating workers in China and illegally using child labour.

The New York based-China Labor Watch said its investigation into workplace conditions at eight factories in China showed some employees were working more than 100 hours per month of overtime and that children were knowingly employed.

China Labor Watch also said their investigation of the six Samsung-owned plants and two suppliers showed that safety measures, such as providing workers with protective clothing, were not followed.

The group also accused Samsung of barring workers from sitting during their shifts and said it had documented instances of physical and verbal abuse.

The South Korean electronics giant responded swiftly to the allegations, acknowledging that poor working conditions may have arisen due to production demands and that a review was to immediately take place.

"When new production lines are completed or new products are launched, high demand has led to overtime work," said spokesman James Chung. THE ASSOCIATED PRESS

Who are you running for?®
Canadian Breast Cancer Foundation
CIBC Run for the Cure†
Sunday, September 30, 2012
Participate. Donate. Volunteer.
cbcf.org

Canadian Breast Cancer Foundation
CIBC FOR WHAT MATTERS.

(†) Canadian Breast Cancer Foundation, Run for the Cure and pink ribbon ellipse are trademarks of the Canadian Breast Cancer Foundation. "CIBC. For what matters." is a TM of CIBC.

EVERYTHING YOU'VE LEARNED IN SCHOOL ... IN 12 MINUTES

HE SAYS...
John Mazerolle
metronews.ca

It's a well-accepted fact that we go through 12 years of school to remember about 12 minutes of material.

Humorist Stephen Leacock pointed this out almost a century ago, and if he were alive he'd be pleased to see that not much has changed. (He'd probably also be pleased that he lived to be 140.)

For example, here's what I learned during 12 years of math:

1) Long division. I do not remember short division, if there is such a thing.

2) Some people call math maths. This is wrong, even if it's right.

3) Order of operations. This is important, because it allows you to answer skill-testing questions.

4) Though math has been around for thousands of years, educators are always discovering 'new math.' How it improves on old math, I'm not sure.

Our lack of retention is interesting to think about as people head back to university, and it seems particularly relevant to me because I went to comedy school for two years.

"Can they really teach comedy?" is the question I hear most often, which is fair enough. To answer the question, here is what I retained from two years of comedy school.

- Acting:
  1) Don't act. Just read the lines.
  2) No, read the lines better than that.
  3) You're terrible.
  4) My acting teacher had real, honest-to-goodness conversations with Michael Cera and Keanu Reeves. They are cool people who don't mind having their names dropped.
- Stand-up:
  1) People who think they're bad at stand-up are often good at it. People who think they are great at stand-up are usually terrible.
  2) The only stand-up comic in the world who enjoys Dane Cook is Dane Cook.
  3) Running over your allotted time is the comedy equivalent of peeing on the toilet seat.
  4) When stuck for an idea, think of anything — any thing — other than genitalia. Please. For me.
- Sketch:
  1) When performing a stage show, best not to write a sketch that includes two car chases, an explosion, and the stage direction 'A helicopter descends ...'
  2) Rubber chickens ARE funny. Seriously.
  3) Reading jokes from a 1940s joke book is a hilarious break between sketches, particularly if the joke contains the word 'haberdashery.'
- Improv:
  1) If someone says, "Welcome aboard captain, shuttle ready for launch," the correct response is not, "But this isn't a rocket ship! It's a driving exam!"
  2) When your substitute improv teacher is the Philadelphia Cream Cheese angel, you have chosen the right school.

And that's what you learn at comedy school.

I have condensed eight months of study into 444 words, so if you could send the $5,000 tuition to my address in Toronto, that would be great. With that kind of funding, I'll get that helicopter sketch off the ground in no time.

Think school is a waste of time? You're right. ISTOCK

Taking a bath beak-ause

SCHALK VAN ZUYDAM/THE ASSOCIATED PRESS PHOTOS

South African wildlife

55 penguins covered in oil after spill

An African penguin is washed by staff at the South African Foundation for the Conservation of Coastal Birds, after it was found covered in oil on Robben Island near Cape Town, South Africa, Wednesday.

Around 55 penguins have been found covered in oil from a spill involving the stricken Turkish bulk carrier the Seli One.

The birds are being cleaned and will be returned to the wild after recuperating. THE ASSOCIATED PRESS

A penguin covered in oil sits in the South African Foundation for the Conservation of Coastal Birds.

Waddling away

Oil carrier gets caught in storm

As the Seli One was travelling along the coast of Dolphin Beach on Friday, a storm hit, which led to the oil leak.

So far, 10 cubic metres of oil have been removed, according to a South African news website. It reported the Department of Environmental Affairs is conducting an aerial surveillance to determine how much oil remains offshore.

Operations are expected to cease by Friday. METRO

Area affected

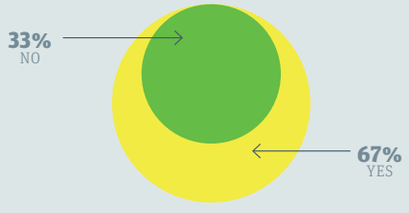
1 km

The oil has spread over one kilometre along the coastline, and run-off continues to pollute the surrounding area.

Metropolitan Panel

Register at metropolitanpanel.ca and take the quick poll

Should Apple buy RIM?



Twitter

@mrbauchy:
Dear @ladygaga you better add a winnipeg date to your tour cuz I don't know if you're worth flying to see

@SteveAdamsWpg:
Mr Jetz TV got 18 votes in yesterday's election. He said he was disappointed with the results because he prefers under 18. #Winnipeg

@The_Eardrums:
DID YOU KNOW? #Winnipeg has only 15 bicycles. There are thousands of cyclists, but they just steal and re-steal the same 15 bikes.

@DustinRdgrs:
No undershirt and my boxers say "Ho Ho Ho." And normally I wear boxer-briefs. #LaundryDay

@lindseywiebe:
Hey, you know who still has autobins? Apartments. Lucky them! #winnipeg

metro
President Bill McDonald • **Vice-President & Group Publisher, Metro Western Canada** Steve Shrout • **Editor-in-Chief** Charlotte Empey • **Deputy Editor** Fernando Carneiro • **National Deputy Editor, Digital** Quin Parker • **Managing Editor, Winnipeg** Elisha Dacey • **Managing Editor, News & Business** Amber Shortt • **Managing Editor, Life & Entertainment** Dean Lisk • **Vice-President, Sales** Quin Millar • **National Sales Director** Peter Bartrem • **Sales Manager** Alison Zulyniak • **Distribution Manager:** Rod Chivers • **Vice-President, Business Ventures** Tracy Day • **Vice-President, Creative** Jeff Smith • **Vice-President, Marketing & Interactive** Jodi Brown, **Vice-President, Finance** Phil Jameson **METRO WINNIPEG** 161 Portage Ave E Suite 200 Winnipeg MB R3B 2L6 • **Telephone:** 204-943-9300 • Fax: 888-846-0894 • **Advertising:** 204-943-9300 • adinfowinnipeg@metronews.ca • **Distribution:** winnipeg_distribution@metronews.ca • **News tips:** winnipeg@metronews.ca • **Letters to the Editor:** winnipegletters@metronews.ca

Tom Arnold's still hoping Roseanne will be nice to him

Funny times. Actor and comedian brings his brand of humour to Winnipeg this weekend and reflects on his ex-wife's roast

BACKSTAGE PASS
Jared Story
winnipeg@metronews.ca

Tom Arnold's appearance at Comedy Central's recent Roast of Roseanne almost never happened.

The American actor, comedian and former husband to Roseanne Barr initially turned down the invite, holding out until the last minute, unable to agree on the terms presented by Barr's people and Comedy Central.

"First they said 'She'd like you to dress up as a waiter and bring her a drink during the roast' and I said 'Yeah, that's a terrible idea. I'm not doing that. One of her other ex-husbands can do that,'" Arnold, 53, says, over the phone from his home in California.

Arnold says he and his publicist Stacey went back and forth with Roseanne's reps until 5 a.m. the morning of the roast. Finally, he agreed to appear if Barr could say one nice thing about him during the taping.

"She could roast me about whatever she wanted to, Stacey just wanted to make it clear I didn't crash the gate," Arnold says. "They came back saying that she's agreed to say 'I appreciate everyone for coming, and I do mean everyone.' I had to laugh. It's been 18 years since we divorced and last spoke and she hasn't said one nice thing about me since. For her not to be able to say a nice thing now, c'mon, it's crunch time.

"We gave her one more chance and at midnight she agreed to say "I'm glad Tom came. He's always made me laugh.' To me, that's a homerun, the best you can get from an ex-wife. I thought it was great but Stacey said, 'That's what a woman says about a guy she dated that was an idiot.' I said 'Whatever, that's as good as it's going to get.'"

Despite all the difficulties, Arnold says the stand-up comic side of him wanted to do the roast from the very beginning. He says with other roasts he's taken part in, like the Roast of Joan Rivers, he lacked the necessary passion.

"With Roseanne, I thought, I could definitely do this, I could definitely come armed and loaded for this situation," Arnold says. "I also thought it would be a good opportunity to say something nice, something sincere that only I could say because of our history."

Arnold — who stars in the new movie Hit and Run — will be performing at Rumor's Restaurant & Comedy Club this Friday and Saturday. Tickets are $30 at Rumor's and rumorscomedyclub.com. Showtimes are 7:45 and 10:30 p.m. nightly.

Tom Arnold says his appearance on Comedy Central's recent Roast of Roseanne almost didn't happen. HANDOUT

SCENE 2

On the web

A week before release of anticipated disc, Bob Dylan reopens theatre in NY

SELF SERVE.
FULL SERVE.
bounce
bounce
4
Like taking control with sheets? Or want to kick back and let the dryer bar give you automatic Bounce freshness for about 4 months* at a time? Whichever type you are, you'll be the type of person who has awesomely fresh laundry every time.
HOW DO YOU GET YOUR BOUNCE?
Learn more at facebook.com/bounce

Matt & Kim living straight outta hipsterville

New album. Partners in every way, this musical duo produce dance-punk-pop inspired by the hip-hop around them

MICHELLE CASTILLO
Metro World News

Dance-punk duo and independent music darlings Matt & Kim aren't just partners in their music career: They've been dating since even before their band formed in 2005. Since then they've had several milestones, including their song Daylight being used during an episode of HBO's Entourage and being asked to be the supporting act for Blink-182 and My Chemical Romance during the 2011 Honda Civic Tour. Now, the two are putting out their fourth album called Lightning (out Oct. 2) and gearing up for a six-week tour through the United States and Canada. We caught up with Matt and asked him to tell us what helped inspire the album, and what it was like to record and live in the center of hipsterville, Williamsburg in Brooklyn.

What was the big inspiration for this latest album?
We've always made upbeat music, but I think there's sort of the darker edge that Matt & Kim can have, there's slightly more of it on this album. There's still a share of upbeat songs — everything feels upbeat — but in some of the lyrics there's a slightly different edge. I don't know if that's inspiration, but as always we make albums from just what comes out of us when we try to make them, and we were certainly surprised at that for this album.

It's kind of ironic that it's darker when it's called Lightning. Why did you go with that name?
We go a lot by what feels right, and there's something about the word lightning and the feeling that went with that. Still, it's a very energetic album with some of the fastest songs we've done yet and things like that. It's just something about it. I think this word describes this album.

I know you recorded in Williamsburg, Brooklyn — which has quickly become the hipster capital of America. How do you feel about this new stereotypical view of Williamsburg?
I mean, I see why it can be seen like that and whatnot, and it's true. I've gone to few other places that have such a high concentration of people who are into art and music and things like that in one place. I felt that Williamsburg for a long time has been very inspiring in that sense... being surrounded by other people who are concerned with similar things to myself and whatnot.

Yet, after living there for eight years, we just moved out and moved away. Of course, things as they do in New York evolve and change, and Williamsburg is one of those things.

Exclusively online

Matt & Kim, Soulja Boy, and Andrew W.K. have risen from the dead to throw a raging dance party in a morgue. The mortician has left for the night, the limbs are fresh and there's formaldehyde on ice. Check out the brand new video for I'm A Goner.

- **To watch the video.** Go to metronews.ca/scene

Matt & Kim's new album Lightning is out Oct. 2.
GETTY IMAGES

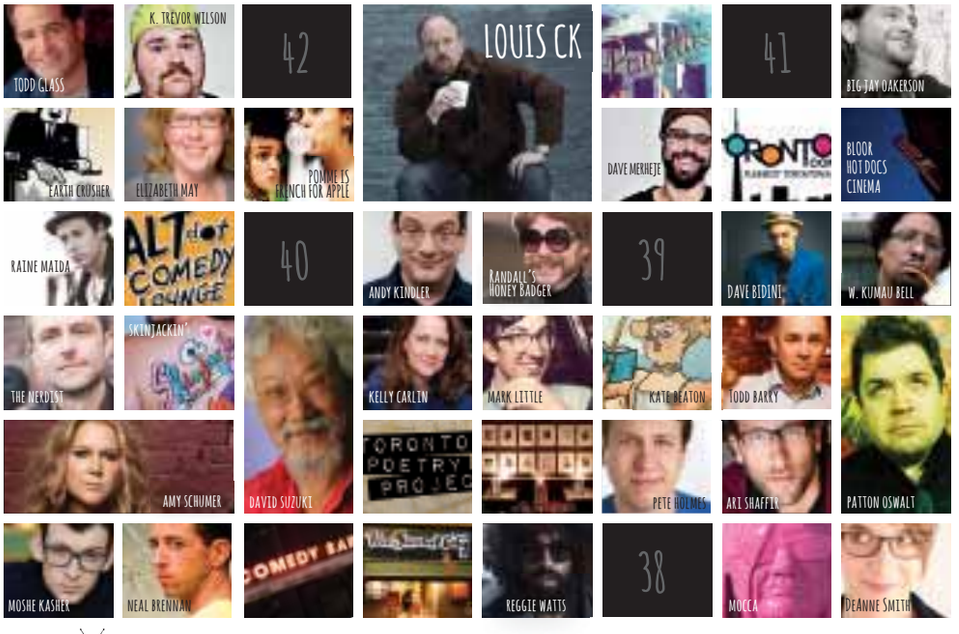
THE METRO NEWS AND JFL42 FESTIVAL CONTEST club metro

★★★ WIN A TRIP WITH AIR CANADA™ TO THE JFL42 FESTIVAL IN TORONTO! ★★★

Grand Prize: 2 return economy flights to Toronto courtesy of Air Canada, four nights accommodation at the Pantages Hotel and two PREMIUM passes to JFL42, a brand new interactive Festival.

GO TO WWW.CLUBMETRO.COM TO ENTER TODAY!

AIR CANADA



JFL42
IN ASSOCIATION WITH AIR CANADA

SEE LOUIS CK LIVE IN CONCERT PLUS 41 OTHER COOL THINGS!

JFL42 is an all-new interactive festival in Toronto celebrating comedy, music, art, causes, theatre, and more. One $99 pass gets you a seat to see Louis CK live, access to 41 other awesome things and the power to design and shape your festival experience. So go to JFL42.COM and grab yourself a pass while they last!

SEPT. 21-28 » TORONTO » $99 » PASSES ON SALE AT JFL42.COM!

PANTAGES HOTEL TORONTO · Ontario · TORONTO.com · SiriusXM · ticketmaster · IN ASSOCIATION WITH AIR CANADA

Contest closes September 10, 2012. Open to Canadian residents over the age of majority. No purchase necessary. Odds of winning depend on the number of eligible entries. Go to www.clubmetro.com to enter and fill out entry form. There is one (1) Grand Prize of a trip for two to the 2012 edition of JFL42 in Toronto, which includes return airfare on Air Canada routes within Canada and four nights of hotel accommodation, valued at approximately $5,000 CAD (based upon departure from Halifax, actual value may vary depending upon time and year of departure). Full rules and regulations available at clubmetro.com.

A JUST FOR LAUGHS AND LIVE NATION PRODUCTION

CHEERS!
Flatlander's BEER FESTIVAL
You could WIN A PAIR OF TICKETS to the Flatlander's Beer Festival!
To register and for full contest details visit clubmetro.com.
VISIT club metro .COM TO ENTER
FLATLANDERSBEERFEST.COM
September 13 & 14
MANITOBA CONVENTION CENTRE 7-10 PM
TrueNorth
LIQUOR MARTS

There are No Reservations but be sure to PVR Anthony Bourdain's TV show

Travel show. Celebrity chef talks about the evolution of his hit show that has viewers chomping at the bit

AMBER M RAY
Metro World News

Anthony Bourdain's show No Reservations returns. HANDOUT

Anthony Bourdain is in his last days of vacation. It's not the globetrotting-around-the-world, eating local specialties kind of trip that has gained the no-nonsense chef a cult following on his travel show No Reservations. No, this is a getaway in the Hamptons with his wife and daughter, whom, he says via cell phone, is snuggled up to dad as he answers our questions about his series' ninth and final season.

You're on the road so much for the show. Is this the first vacation you've been able to take in a while?
This is the longest vacation I've ever had. It is a normal vacation; the most time I've ever had with my family. My five-year-old girl Ariane is resting her head on my chest at this moment.

Then we'll keep this short! Did this final season feel like a victory lap, or more like just the end of a chapter, considering you'll be doing another show on CNN?
(It felt like) a victory lap in the sense that we're going out on a high note with a strong season, we're still doing our best work, and the show's still doing well. There was very much the sense with all of us who make the show that it's a chapter ending, but we're pretty much 'all right back to work.'

One of the great things about No Reservations was the way that you documented the areas you travelled to with such authenticity — it was you, exploring a region and culture, through food. And you never shied away from talking about things like war or a nation's struggles. Looking back, how were you able to get such a non-touristy show like this made and then stay on the air for so long?
You know what? I don't really know. It became clear after two years working on a show called A Cook's Tour with Food Network that they liked the show, it was doing pretty well, but they wanted a cheaper version and less foreign travel, but yet the show was very popular abroad. I think it's still running in Asia, Latin America, parts of Europe. So when we left Food Network, there was a desire to find an American network that would fund the show or finance the show intended largely for what we perceived to be for foreign audiences. And I think early on Travel didn't have a lot going on — I mean, they were known for the World Poker Tour shows and not too much else.

And yet, after every episode of No Reservations, viewers are left either wanting to travel to the location or at least learn more about it — which, it seems, is what a successful travel show should do by definition.
I was never looking to do that. I'm happy, very happy, very pleased, very satisfied, when I hear after the fact that a show we made about Vietnam or Spain inspired people to go and that they had a good experience and it changed their worldview; that makes me satisfied.

Book it

The no-nonsense chef is back for more with his show No Reservations on Travel.

- **Where to find it:** A new season of Anthony Bourdain's No Reservations premieres on Travel+Escape on Wednesday, Oct. 3 at 9 p.m. ET/ 6 p.m. PT.

REWARDING CAREERS ARE NEVER HANDED TO YOU. AT CDI COLLEGE, WE'LL HELP YOU EARN ONE.

CDI College has been helping people like you launch successful careers for more than four decades. Choose from over 50 market-driven programs across Canada in **Business**, **Art & Design**, **Technology** and **Health Care**. A new career can be in the palm of your hand. Call CDI College today!

youtube.com/CDICareerCollege
twitter.com/CDICollege
facebook.com/CDICollege

CDI college
Canada's Leading Career Training Provider.

To get started today, visit
mb.cdicollege.ca
or call 1.877.404.4355

CHEERS!

Flatlander's BEER FESTIVAL

FLATLANDERSBEERFEST.COM

September 13 & 14
WINNIPEG CONVENTION CENTRE 7-10 PM

A FUNDRAISING EVENT IN SUPPORT OF
WINNIPEG JETS TrueNorth FOUNDATION

PRESENTED BY MLCC LIQUOR MARTS

Career Bear

Do you know...

What careers offer the greatest flexibility for parents?

When you should be looking for a career change?

What schools offer the training you need?

E.L. James, author of Fifty Shades of Grey. CONTRIBUTED

'I really liked being a terrible tease'

Q&A. Metro chats with E.L. James, the woman who started it all

WILKE MARTENS
Metro World News

Writer Erika Leonard, better known as E.L. James, has become a worldwide phenomenon in only a few months. Since her erotic trilogy — Fifty Shades of Grey is the title of the first book — has become a great success, she travels all around the world. We met up with her in the fancy College Hotel in Amsterdam.

The success must be a big surprise?
Surprise? It's a shock! I was especially surprised by the speed with which it travels the world. The contract for mass publication was signed with Random House on March 7, and the first book was already in the shops in the first week of April.

Fifty Shades started out as an online publication. Yet, it has sold 15 million copies worldwide anyhow.
The numbers are staggering. The rights have been sold to 41 countries, the film rights are sold. And all of that happened in only a short period of time. It keeps surprising me.

Everybody talks about the women who are enjoying the books. Do you have any male readers?
More and more men read my books. Sometimes they say things like: 'Thanks a lot for what your books have done to my wife ... wow!' A while ago, a 71-year-old man wrote me to thank me. My books made him remember what it feels like to fall in love. That was so cute.

Aren't men embarrassed to admit they've read your books?
They don't tell me they are. But I am embarrassed when men read it, because I didn't write the books for men.

Why is it embarrassing?
Because it's all about fantasies. When you go out with your friends and you discuss things like sex, I feel totally comfortable. But when you're with a group of men ... I don't like to talk about sex when there are men around.

Did you have fantasies because you were writing this story? Or did you start writing because you already had these fantasies?
Good question. I think it was a combination of the two. We've all dreamed of a partner who is so terribly rich that he can buy anything you want. But the kinky sex stuff really was a fantasy. Although, after doing some research it might not be just fantasies.

Is it the kinky sex stuff that made the book so popular?
Partially, I think. There is so much fiction out there with kinky sex in it. People like the sex, but they especially like the passionate love story. It was the love story that held it together for me.

Did you put in all the sex in order to avoid the cliché love story?
Not at all. I started writing with the idea: when you meet someone who is into BDSM (bondage, discipline, sadism and masochism) and you are not up for it, what will happen? I had read some things about BDSM and I thought: 'Ooh, this is hot!' Would I ever do such a thing? My fantasies ran wild.

All three books are true page-turners. Did you write like that on purpose?
It's a coincidence. I started by writing a chapter with the most awful cliff-hanger. Online readers had to wait for another week for the next chapter. Many people responded to that. That was fantastic. I really liked being a terrible tease.

So, what will be next?
I would like to rewrite the first novel I ever wrote. It still needs a lot of work and I'm looking forward to that. But it's impossible to find the time to write at this moment. Besides, I'm exhausted. I'm looking forward to my holidays.

Hollywood

So in the movie, who should play...Christian?

Christian Bale

He has proven he can be the ultimate kinky bad boy in American Psycho. And he's already got the name.

Justin Timberlake

He's brought Sexy Back before.

Alexander Skarsgard

With his intense look and towering physique, Skarsgard has a dominating presence. His interactions with Sookie in the fourth season of True Blood shows us he knows how to be a passionate lover — even though we prefer him mean, harsh and sarcastic.

Daniel Radcliffe

If the versatile actor really wanted to shed the Harry Potter stigma, he should take on this role. He's a bit young to have created his own empire, but after getting naked for the play Equus, he has what it takes.

...and Anastasia?

Katy Perry

She's got that wide-eyed look that makes her seem innocent, despite the fact she's spraying whipped cream out of her boobs.

Anna Gunn

The Breaking Bad star is way too old for the part, but the "hot mother" vibe will make her relatable to the housewives that are obsessed with this series.

Ellen Page

If you ever need an awkward female lead, call on Ellen "Juno" Page.

Mila Kunis

Want to draw in male viewers? Boyfriends will be more than willing to watch.

Kristen Stewart

Anastasia Steele is based on Bella from Twilight. And can you imagine anyone who could deliver flat dialogue with no emotion as well as Kristen Stewart?

Fifty Shades fallout

Trend. What are the long-lasting effects of the best-selling series, now that the buzz has died down?

MICHELLE CASTILLO
Metro World News

With its cheesy bedroom banter, bondage scenarios and detailed explanations of what goes where, Fifty Shades of Grey has gone from a cultural must-read to the played-out book your mother-in-law brought on vacation.

So with the hype fizzing out, what will be the long-lasting impact? For starters, according to experts, expect an era where women can be more open than ever about what they enjoy in the bedroom — often taking charge of the fantasies themselves.

Sarah Forbes, a curator with the Museum of Sex in New York, said that she's observed more women writing erotic fan fiction online (which is how Fifty Shades began, as a Twilight spinoff).

She chalked it up to the fact that women, more than men, need to be stimulated physically and mentally, so for some, writing about sexual daydreams or drawing sensual fan art can be an erotic experience. The success of Fifty Shades legitimized the form.

"For some people, it can just be fun and playful. It can border on their humorous space," Forbes says. "It lets people create a relationship with these icons of our popular culture."

Sex therapist Wendy Maltz points out that society has been "very repressed and uncomfortable" about the topic of sexuality, so fan fiction is a way to lighten the mood. That comfort can open up a discussion about their real-life likes and dislikes.

"There is a lack of healthy direct discussion about sexual issues," Maltz says.

"There is a difference between what the real needs are sexually for men in the general population and the more sensational extreme presentations that come out and are put into the mainstream pop culture and are not representative of real satisfaction to people in the long run."

Quote

"There is a lack of healthy direct discussion about sexual issues."

Wendy Maltz, sex therapist and author of The Porn Trap

Magic Mike. CONTRIBUTED

The magic of Magic Mike and Zumba

Fifty Shades wasn't this year's only sexy hit. Magic Mike, a movie about male strippers, made more than $100 million at the US box office, and Zumba classes, inspired by a sexy Colombian dance, had grannies shaking their hips suggestively.

Talli Rosenbaum, a certified sex therapist and an associate editor of the Journal of Sexual Medicine, said women are seemingly, suddenly left with once choice: embrace this stuff or be left out.

People have forgotten that there's still a large number of people who enjoy "monogamous, vanilla sex," she says. She works with traditional religious populations, and, "I find a great deal of disparity or contradictions in those populations, as well as people who are very exposed to all kinds of images on the Internet and all kinds of things that are not necessarily normative sexual education," she adds.

"They might think that this is what everybody does."

You now have "permission"

The experts we spoke to recommended defining yourself against these media, rather than being defined by them.

Dr. Stephen Snyder, a sex specialist and sex therapist, has seen women being more open to exploring their sexual sides, and says Fifty Shades of Grey has given women "permission" to explore explicit sexual fantasies. The book could even improve your relationship, with a catch: "We'd probably need the men to read it too," he says.

"There's much that men can learn from Christian Grey about what women need, such as for a man to take good care of himself and his surroundings, to express his desire for his partner in words."

I've got details on flexible careers, jobs with the fastest salary growth, keys to loving your job and the schools and tools in your area to help you become what YOU want to be.

Go to CareerBear.com for your chance to

WIN

1 of 4 weekly prizes of an Apple Macbook Pro with Retina display!

Don't just dream about your new career. . .
Get there with CareerBear.com

"Apple" and "MacBook Pro" are trademarks of Apple Inc.
Apple Inc. is not a sponsor of, nor a participant in this promotion.
To register and for full contest details, visit clubmetro.com

Nicki rides with the Republicans?

Nicki Minaj has listeners wondering about her political affiliations after she apparently endorsed Republican presidential candidate Mitt Romney in a verse on a new track by Lil Wayne.

"I'm a Republican voting for Mitt Romney. You lazy bitches is f—ing up the economy," Minaj raps, though the line comes immediately after some boasting about her wealth and lifestyle, so it's unclear if the lyric is an actual declaration or just playing with a theme. In any event, it's a bright spot in Romney's recent dealings with musicians after several artists have attacked his campaign for using their songs.

No one's judging: American Idol's empty panel

With only Mariah Carey officially signed on to be a judge, the producers of American Idol are in a frenzied search to lock down the rest of the panel, according to TMZ.

On-air auditions begin in New York in two weeks for contestants and so far the show has failed to work out a final deal with potential judges Nicki Minaj and Keith Urban. Longtime judge Randy Jackson is also reportedly out.

An insider tells TMZ that this year, they are looking to break the one male and two female format to add a second dude to the lineup. At this rate, they might have to lower their standards a bit.

Kim Kardashian would probably be interested.

Mariah Carey

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word

Thanks for the honesty about Kim, Kanye!

PAT HEALY
scene@metronews.ca

We've slagged Kanye West in this column before, and we've certainly slagged Kim Kardashian here too. And when it comes to Kanye and Kim as a couple, well, we've really never said a single positive thing about them. But that is about to change.

See, the biggest gripe we had with Kim was that she was undeservedly famous, since she never exhibited any real talent, at least no talent that anybody could explain in a family-appropriate way.

She co-starred in a sex tape and then all of a sudden, she and her entire family are all reality superstars. And then the thing that got her famous, she doesn't even do anymore!

So the problem we then had with Kanye was that homeboy could do better than her. But in a new song from his Cruel Summer compilation album, Kanye is brutally honest about his mate.

"My girl a superstar, all from a home movie," he raps on the track Clique, an excerpt of which was made available by TMZ. We'd gladly quote more lyrics, but in trying to find the full song online, so many of the links on YouTube were decoys, where aspiring rappers tag their tracks as "Kanye West — Clique."

Who does that? That's not the way to get famous! Make a sextape, get a reality show, date one of the greatest rappers ever and then have him or her talk about you honestly!

Jessica Simpson. ALL PHOTOS GETTY IMAGES

'I let myself indulge in everything I wanted': Jessica Simpson

Jessica Simpson doesn't have any illusions about why she put on weight during her pregnancy, but she's learning a thing or two about how hard it is to get rid of.

"I let myself indulge in everything I wanted because it was the first time I was ever pregnant, and I wanted to enjoy it," Simpson tells USA Today.

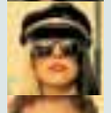
"I didn't realize (the weight) didn't all come off with the baby." Still, Simpson says she's trying — and doesn't appreciate being judged by the standards of other famous women.

"My body is not bouncing back like a supermodel," says Simpson. "I'm just your everyday woman who is trying to feel good and be healthy for her daughter, her fiancé and herself."

Twitter

@JessicaSimpson
24 is my new treadmill show!! How have I not watched this show before now?!?! Jack Bauer is my hero!

@hitRECordJoe
Anyone know any good jokes?



@ladygaga
MAJORLY trolled by a fan tonight who lured me with a heart sign, i then ran around the entire catwalk w it, + the back actually said "HIGH"

@AlbertBrooks
Are you better off than you were 4 years ago? Physically? No way.

Spend YOUR POINTS EVENT!
SATURDAY, SEPTEMBER 8 & SUNDAY, SEPTEMBER 9
SPEND 25,000 POINTS AND GET UP TO $50 OFF* THAT'S AN EXTRA $16
SPEND 50,000 POINTS AND GET UP TO $110 OFF* THAT'S AN EXTRA $25
SPEND 95,000 POINTS AND GET UP TO $220 OFF* THAT'S AN EXTRA $50
Visit shoppersdrugmart.ca or the store nearest you for details.
*Some conditions may apply. See store for details. Offer valid Saturday, September 8 and Sunday, September 9, 2012 only.
SHOPPERS DRUG MART

COCO ROCHA

Coco Rocha — the Canadian supermodel who's worked with Versace, D&G, Lanvin and many more — has more than one million followers on Google Plus, Twitter and Instagram combined. Here, the 23-year-old tells Metro's Romina McGuinness what's behind all that sharing — and who she's excited about during all those fashion weeks.

SOCIAL MEDIA STAR

What designers are you most excited about this season?
A good friend of mine is Zac Posen so I'm always in love with his work. Then there's Jason Wu, Helmut Lang, McQueen, Balmain, Jean Paul Gaultier and Chanel."

What do you look for in an item of clothing or an outfit?
The outfit needs to be either really crazy or really couture. Unless I'm shopping for your average tee, I like one of a kind sort of things. I love vintage because each piece of clothing is unique and has its own story. I got the chance to go to Elizabeth Taylor's auction and buy one of her outfits that I wore to the Met Ball. It was the perfect statement dress. I tweeted how there was a wine stain on the dress and asked my followers to spot it. On the red carpet, people were like, show us the wine stain!

Why do you think fashion matters?
It's funny when people pretend to not care about fashion. I'm not one to say 'fashion is the future!' We're not curing cancer, but I do believe in the industry. People might say, 'don't worry about fashion, it's just clothes,' but clothes is exactly how you're portrayed. We're all about image in this world. If you want to be taken in a certain way, it's down to the way you look. As much as people would like to think fashion is nothing, it plays a huge part in how people dictate who you are.

The fashion industry is competitive, but you've maintained a sense of humour.
Most people think models are competitive, but with the girls of my calibre, the ones I grew up with, we're not like that. We're close friends, it's kind of like fashion high school. I try not to take myself too seriously. I'm not a model who thinks she's saving the world but some girls and boys look up to me so I want to be a good role model. I'd like people to think that I was a quirky little nerd in school and came to grow into myself to become something that — who knew I could?

People tend to love or hate social media. Why did you decide to make it yours?
At the beginning of my career, there was no social media. I never had the chance to speak on my behalf. You'd see a photo of me, but who was that person? If I did an interview, it was up to the interviewer to decide how I'd sound. With social media, I started a blog. I knew that if this 'blog' thing became something, I could use this platform to stand up for myself. I tried hard with Twitter but at first I was like, this thing will never catch on!

Yeah, so why do you feel the need to share personal moments with your Instagram followers?
My job is to show photos of myself but that's not always the reality. I go to work and play Coco the model but that's not Coco. I don't have those cheekbones! I really am a plain girl too. It's funny how interested people are in a models' normal life. I think a picture of me watching TV is pretty boring but apparently, it's the most fabulous thing.

What do you think about the use of Photoshop? Necessary or useless?
It's fine to remove a blemish or some fuzzies in your hair. But when you remove my arm or my waist and tell people, 'this is who she is,' you're playing with fire. Guess what? That's not how I look. It's almost telling me, the model, I still wasn't good enough. When Elle Brazil ignored my contract that stipulated no nudity and used Photoshop to remove my body suit, I felt violated. I looked pretty much topless. It's like if I went up to a woman and took her top off in front of the whole world.

You've been called the "Queen of Posing." What's in a pose other than face angles and hip jutting?
It's about confidence. Most models are the quirky, dorky girl from school put in a situation where she's supposedly beautiful and unique and with all these people counting on her and she's like, 'what am I doing?'

During fashion weeks, Coco will be filming The Face, a new supermodel reality show co-starring Naomi Campbell and Nigel Barker. Follow her: @cocorocha and at cocorocha.com.

Top 5

Coco's top five tips for becoming a social media superstar.

1 Make friends. Follow certain people related to your industry and communicate with them. In return, when they communicate with you, you'll build up your audience because their followers will be like, who is she talking to and why?

2 Give original information. I try not to re-blog or re-post other people's comments unless it was so amazing and hilarious. I give information that is mine so that it goes out to the public and then back to me.

3 Be responsible. Your workmates are going to see this, not just your friends. In the end, your bosses can see it.

4 Be visual. Make your site look beautiful. Don't just put up a photo of you hanging out in the bathroom.

5 Express yourself. On Instagram, a lot of people just take a photo and put it up. I take about 15 of the same thing until I've got the perfect photo, then play with it and see how it looks and only then do I publish it.

On the Web

New event home among fresh changes afoot for Montreal Fashion Week

Enter your home in style

Design Centre. A reader gets advice on how to organize and jazz up her front entrance

I have a small front entrance to my new townhouse and I'd like some ideas to make it look more attractive yet have it be functional too.

DESIGN CENTRE
Karl Lohnes
home@metronews.ca

It's that time of the year where back to school and work means backpacks, briefcases, shoes, coats and purses get dropped by the front door when we get home from a long day.

Your front entrance not only needs to be functional for your daily routine, but attractive for guests who enter your home.

From organizing to decorating, here's a few ideas to create a well organized and attractive entrance.

Be decorative

• Paint the inside of the front door a jazzy colour in gloss paint. Hang a large mirror to make a tight space feel visually larger. Lay a decorative yet durable runner for comfort and colour under foot.

Add slim furniture

• Place a narrow console table near the front door to hold flowers and mail. Add a storage bench to sit on and store shoes. Hang floating shelves to display candles and decorative objects.

Where to splurge

• A decorative light fixture is always a good investment and if you move it can always go with you. Make sure it gives off enough light to brighten the entire entrance as chandelier-style fixtures often don't put out the amount of light needed.

• If your house gets light foot traffic at the front door then splurge on an attractive hall runner rug. A durable front door mat can always help trap dirt and offer a place for shoes to rest near the front door.

• A wireless touch-light will help brighten the inside of the closet; I suggest hanging one above coat level and one below coat level to ensure you see everything on the upper shelves and shoes below.

• Quality wooden hangers and storage boxes will help attractively organize your closet into a place you want to hang your coat each night.

Red Mahogany Wood Hangers, $9/set of 4

Oversized wooden hangers are strong for all the coats in the closet. BedBathAndBeyond.ca.

Infinity Console Table, $298

A sleek 12-inch console table is the perfect size for a small foyer. HomeDepot.ca

Victorian Hotel Pendant, $1675

A splurge of quality lighting will help to create a great impression when coming home. RestorationHardware.com

Gabbeh Modern 31"x 90", $363

All wool Gabbeh style hall runner makes a colourful statement when entering the house. EcarpetGallery.com

Don't wait for your guests to leave

I recently had house guests. On the day of their departure (they were not leaving until midday) I found myself laundering the bed linens from my guest bedrooms and towels from my guest bathrooms while they were still at my house! Is this considered rude or inappropriate? Thanks, Laundry boy

CHARLES THE BUTLER
askcharlesthebutler@metronews.ca
For more, visit charlesmacpherson.com

Dear Laundry Boy,

There is absolutely nothing wrong with starting your laundry while your house guests are still with you.

In this day and age when we are all busy and don't have domestic staff to do these things behind the scenes, so to speak, this is a great way to get ahead and move forward with the tasks of the day.

Now the question should be how do we do this without offending our guests yet getting our work done?

I would simply ask "would you mind doing me a favour and pulling your bed sheets after breakfast so that I can get the laundry started."

Sometimes you need to get a head start on laundry while your house guests are still around. ISTOCK IMAGES

My only other advice is to not go into your guest bedrooms to take the sheets of the bed without them knowing.

Try saying something to the effect of, "do you mind if I go into your room to take the sheets to start the washing?" and hopefully your guest will offer to help you!

MENSON
CONSTRUCTION MATERIALS
STARTING AT $199
THE GRANITE SUPERSTORE
We offer the most granite countertops edges & finished! Ready to install, all you need to do is pick your colour!
*While supplies last, Custom cutting extra.
GRANITE GALORE
Many new pieces to choose from*
*While supplies last, Custom cutting extra.
CHERRY SERIES KITCHEN CABINETS
OAK SERIES KITCHEN CABINETS
THE GRANITE KITCHEN SUPERSTORE
1016 ST. JAMES STREET AT ELLICE 775-4792

The slipcover solution: Your seasonal makeover

DIY ideas. They spruce up furniture and create a new look in a room. And the best part — slipcovers can be done on a budget

Slipcovers will last a few years. Then you can choose a new fabric for a whole new look again. ISTOCK IMAGES

To Slipcover or not

Before ordering your slipcovers, you need to ensure that reupholstering is the right tool for the job at hand.

• Consider how much you like the lines of the piece of furniture. If the silhouette is too modern or old-fashioned a slipcover won't fix that, but if you love the basic shape then it can be a great cost-conscious way to update it.

• Think about the use of the piece. If you have small kids or pets, the removable and washable nature of a slipcover is a wise choice.

• If there are lumps in your sofa or the chair is uncomfortable then the only way to fix it is by re-working from the inside out.

Settled on Slipcovers?

If you've determined that a slipcover is the right choice for you, there's another question to consider — standard or custom?

• Custom-made slipcovers will give you a crisper profile with individual tailoring, but you need to consider the overall style of the room.

If it's cottage comfort or shabby chic then a slipcover that appears a bit baggy will suit the space.

However, a strongly traditional or modern space requires a tailored fit.

• Also think about the shape of your piece. If you have an unusually shaped piece of furniture it will be hard to find a pre-made slipcover that will suit it.

• Fabric will also help determine the right choice. Slipcovers come in all sorts of colours and patterns, but if you have your heart set on a particular shade or motif then you may need to custom create it.

• Lastly, determine a budget.

Custom slipcovers are significantly more expensive than pre-made versions.

Keep It In Shape

After choosing the right slipcover for your space, there are a few key maintenance tips to remember.

• Over time the slipcovers will slide, so you need to tug them into place or tuck loose fabric between cushions.

• Remove and clean them every few months, and remove to spot treat any small stains.

Slipcovers will last a few years before they need replacing — then you can choose a new fabric for a whole new look in your home!

FULL OF SAVVY AND RESOURCEFUL TIPS LIKE THIS FOR HOMEOWNERS, PROFESSIONAL GRADE FEATURES A COMPLETE ROOM RENOVATION DONE ON A LIMITED BUDGET – AND IF THE HOMEOWNERS CAN CONVINCE EXPERT CONTRACTORS THAT IT COST MORE THEY WIN THE DIFFERENCE! PROFESSIONAL GRADE AIRS THURSDAYS AT 9 PM ET/PT ON DIY NETWORK CANADA.

Earn AIR MILES® reward miles
on your purchase of funeral and cemetery products and services.
Dignity MEMORIAL
As part of our commitment to providing exceptional service to families we serve, we are pleased to offer this exclusive benefit on pre-arrangement purchases.
Prearrange your funeral in September and earn up to 4000 AIR MILES® reward miles*
THOMSON FUNERAL HOME
669 Broadway, Wpg, MB ~ 204-783-7211
*AIR MILES® reward mile earned on dollar value of eligible prearranged funeral plan. (see location for details)
®™ Trademarks of AIR MILES International Trading B.V. Used under license by LoyaltyOne, Inc. and Dignity Memorial

taketime
Home Cleaning & Lifestyle Services
Free Online Estimates!
Weekends with no housework. Woohoo! I feel like a kid again!!! – Judy K.
After trying several cleaning companies over the last few months, a friend told me to try Take Time Home Cleaning They're a keeper. – Lisa M.
Back to School Special
Take $25 off your first cleaning
Take Time is in your area
Phone: 204.770.7103
www.taketime.ca

DOWNTOWN LIVING TOURS
Explore living downtown with lunch hour residential tours.
Sponsored by RBC

Imagine your commute was only 5 minutes.
What would you do with your morning?
SEPTEMBER 6 , 12pm - 1pm
THE PENTHOUSE
Hop on the vintage Winnipeg Trolley and visit the Penthouse. Located at 100 Princess Street in Winnipeg`s historic Exchange District. A turn of the century building, it blends historic architecture with modern style. Live in spacious, loft-like condominiums with exposed brick and contemporary finishing just steps to Winnipeg's hottest spots for culture, dining and retail.
DTOWN living
To register for this free tour email
info@downtownwinnipegbiz.com

Delicious bites coming to a television near you

On TV

Show's 3rd season hits the road

Looking for some inspiration for your next dinner party or some advice on what not to do? Season three of W Network's Come Dine with Me Canada has you covered.

Launching with five back-to-back episodes on Sept. 10, this time around the show hits the road to travel to Edmonton and Charlottetown.

Come Dine with Me Canada follows five amateur chefs as they vie for the title of ultimate dinner party host. Each night, five strangers take turns hosting a dinner party. Then participants secretly score their host on a scale of one to 10. The host with the most points at the end of the five nights wins a $1,000 cash prize. METRO

Come Dine With Me Canada. As the show sets to return for another season, get in the mood with a contestant recipe

Beef Wellington by Sandra Latcham of Toronto

1. In food processor pulse mushrooms to rough paste. Scrape into pan and cook over a high heat, 10 mins., tossing frequently. Spread out on a plate to cool.

2. Heat frying pan and add a little olive oil. Season beef with salt and pepper; sear in hot pan 30 secs. Remove from pan and leave to cool. Once beef is cooled, spread top with Dijon mustard, top off with mushrooms and roll Parma ham over whole piece. Set aside.

3. Roll out puff pastry on floured surface to large rectangle. Cut into 4 equal pieces. Lay beef in the centre. Brush surrounding pastry with egg yolk. Fold ends over, wrap pastry around beef, cutting off any excess. Turn over, so seam is underneath, and place on baking sheet. Brush over pastry with egg and chill 15 mins to let pastry rest.

4. Heat oven to 200 C (400 F).

5. Lightly score pastry at 1 cm intervals and glaze again with beaten egg yolk. Bake 20 mins., lower oven setting to 180 C (350 F) and bake another 15 mins. Allow to rest 15 mins. before slicing and serving with accompaniments. Beef should still be pink in centre when served.

Haricots Verts, Roquefort, Black Walnuts & Crispy Prosciutto

1. Bring pot of water to boil. Add beans and blanche 2 mins. Drain and put in ice bath.

2. Pan fry prosciutto in skillet until crispy and remove.

3. Put beans back in skillet, add Roquefort cheese and walnuts and toss till warm and melted. Garnish with Prosciutto.

Ingredients

Beef Wellington (individual)
- 400 g portobello mushrooms, roughly chopped
- Sea salt and black pepper
- Olive oil, for cooking
- 750 g prime beef fillet
- 2 tbsp Dijon mustard
- 8 slices of Parma ham
- 500 g ready-made puff pastry
- Flour, to dust
- 2 egg yolks, beaten

Haricots Verts, Roquefort, Black Walnuts & Prosciutto
- 1 lb French green beans
- 4 oz Roquefort, crumbled
- 1 1/2 cups walnuts, chopped & toasted
- 4 strips prosciutto
- Salt and pepper to taste

Gratin Dauphinoise
- 5 cloves garlic
- 4 lbs russet potatoes, peeled
- Salt, pepper and nutmeg
- 1 cup heavy cream
- 4 tbsp butter cut into bits
- 2 tbsp mixed chopped fresh chives and parsley

Beef Wellington & Crispy Prosciutto with Gratin Dauphinoise

This Beef Wellington is sure to impress guests. PROPER TELEVISION

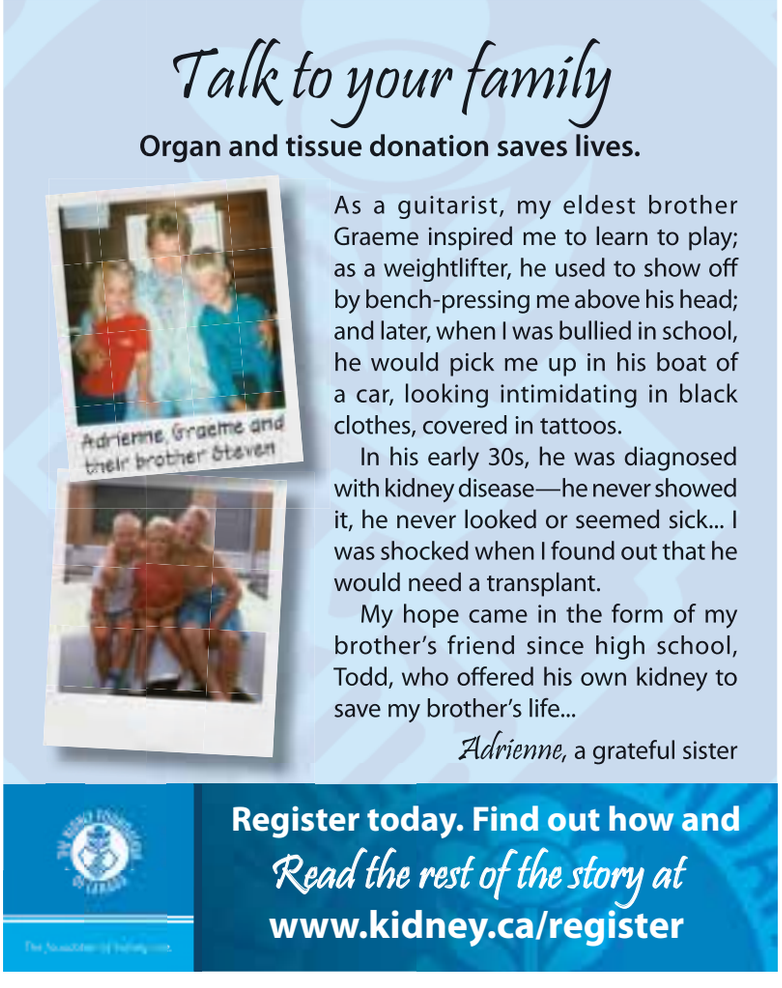
Gratin Dauphinoise

1. Heat oven to 375 F. Butter 3 L baking dish. Sprinkle about half of chopped garlic on bottom and sides of dish.

2. Use mandolin to cut potatoes in slices. Arrange layer of potato slices in prepared dish, overlapping. Season with salt, pepper, nutmeg. Pour spoons of cream over potatoes. Sprinkle with some remaining garlic. Repeat layer until potatoes and garlic used. Pour in remaining creams and dot with butter.

3. Bake until potatoes very tender and have absorbed all cream and are golden brown on top, about 1 to 1.5 hours. To help gratin develop brown crust, raise heat to 400 F for last 15 minutes.

4. Sprinkle each portion with fresh herbs. SANDRA LATCHAM


Talk to your family
Organ and tissue donation saves lives.
Adrienne, Graeme and their brother Steven
As a guitarist, my eldest brother Graeme inspired me to learn to play; as a weightlifter, he used to show off by bench-pressing me above his head; and later, when I was bullied in school, he would pick me up in his boat of a car, looking intimidating in black clothes, covered in tattoos.
In his early 30s, he was diagnosed with kidney disease—he never showed it, he never looked or seemed sick... I was shocked when I found out that he would need a transplant.
My hope came in the form of my brother's friend since high school, Todd, who offered his own kidney to save my brother's life...
Adrienne, a grateful sister
Register today. Find out how and
Read the rest of the story at
www.kidney.ca/register

One trainer recommends students exercise on the same days every week, much like they take classes on the same day every week. ISTOCKPHOTO/THINKSTOCK

Exercise both the body and mind

RICHARD WOODBURY
For Metro

Imagine if somebody told you about something that was scientifically proven to improve your mood, reduce depression and anxiety, improve sleep, attentiveness, energy levels and the ability to concentrate — you would probably think it was too good to be true.

Actually, this quasi miracle drug is just plain, old-fashioned exercise.

An added benefit for students is that regular exercise can help improve their grades.

"You'll find that people who are more physically active will tend to do better on memory tests than those who are not physical active," says Brian O'Regan, a kinesiologist and personal trainer at Mixx Fitness Studio in Vancouver.

At campus fitness facilities across the country, there is a great rush of students heading to the gym at the beginning of each semester. Within weeks, the traffic dies down.

So what can students do to not become one of the two-week casualties?

The key is to schedule exercise into your life by making it a top priority.

"Yes, you've got to study and you have opportunities to go out and socialize, but if you have a written plan, it's easier to stick to it," says O'Regan.

Sam Michael agrees. He is one of the head trainers at Gym-Zone Lasalle in Montreal.

"If you just say, 'I'm going to do it' and don't write it down, you're not going to do it," he says.

Michael recommends students exercise on the same days every week, much like they take classes on the same days every week.

He also says that if people are realistic with their time and how much time they can devote to exercising, it will be easier for them to stick to that routine.

"You don't need to train for two hours (a session)," says Michael. "An hour or an hour and a half, three to four times a week is a lot of time for training."

Having a gym buddy will also help make sticking to a fitness routine easier.

The ideal partner will be somebody who is in similar shape and has similar fitness goals.

On the point of goals, it's crucial that people set tangible and realistic concrete goals, such as wanting to lose "X" amount of pounds over a certain period of time or being able to bench press a certain weight by a certain date.

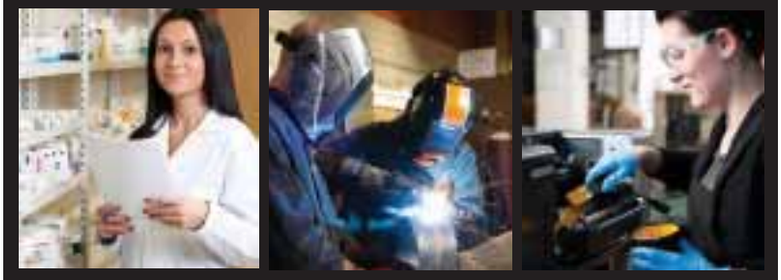
"If you're not training for a goal, it's hard to stick to it," says O'Regan.

Fantastic GYMNASTICS

Preschool, recreational, and competitive gymnastics for girls and boys of all ages.

CALL 231-1007 TO REGISTER
Unit #1-55 Henlow Bay (off Scurfield Blvd.)
www.fantasticgymnastics.ca

"At Fantastic Gymnastics we exercise both the body & mind."



ACCELERATE YOUR FUTURE

We're excited to welcome students to our **brand new campus** at 7 Fultz Boulevard, and **upgraded campus** at 130 Henlow Bay. Featuring:

- Ample classroom and workshop space
- State-of-the-art technologies and facilities
- Brand new Student Success Centre

www.wtc.mb.ca

WINNIPEG TECHNICAL COLLEGE

PREPARATORY STUDIES
MARCEL A. DESAUTELS – FACULTY OF MUSIC

MUSIC PROGRAMS & CLASSES
Music for Babies; Toddlers; 3's & 4's • Orff • Children's Chorus
Musical Theatre • Vocal Club & Choirs (Youth & Ages 50+)
Flute Ensembles • Fiddling • Feldenkrais • Theory • Composition
Pedagogy & more!

LESSONS CITY-WIDE & ON CAMPUS
All Instruments • All Levels & Genres

UNIVERSITY OF MANITOBA

204-474-9797 www.umanitoba.ca/music/prep

Vulnerable age

Warning signs. Many major mental health issues surface between the ages of 17 and 25

RICHARD WOODBURY
For Metro

In today's society, there is much more awareness of the fact that one in five Canadians younger than the age of 65 experiences a mental health problem every year.

This is an especially important topic for students of post-secondary age, as many major mental health issues surface between the ages of 17 and 25.

"This is a vulnerable age," says Dr. Mike Condra, the director of health counselling and disabilities services at Queen's University in Kingston, Ont.

At universities and colleges across the country, institutions are paying more attention to the early identification of mental health issues in their students.

Another important stakeholder in this discussion is the students themselves.

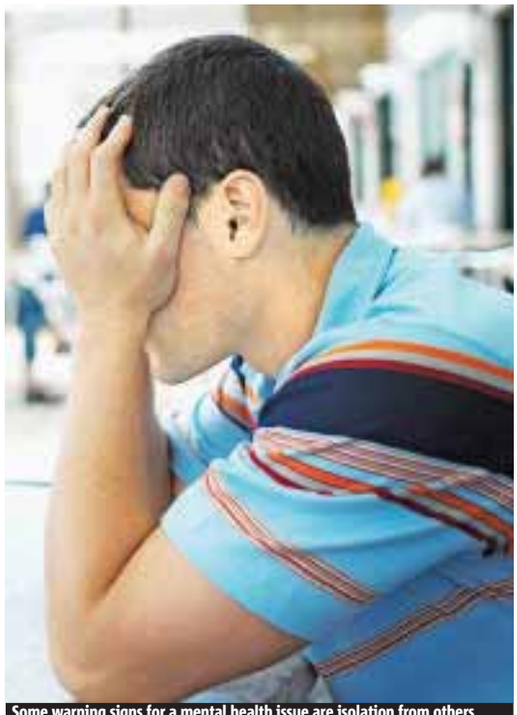
"We have to educate young people to see it (signs of mental health issues) in themselves or their friends," says Dr. Stan Kutcher, the Sun Life Financial Chair in Adolescent Mental Health at Dalhousie University.

Condra says it is normal to have up and down days. The concern is when changes in behaviour become more prolonged and out of character for an individual.

Young people

"We have to educate young people to see it (signs of mental health issues) in themselves or their friends."

Dr. Stan Kutcher, the Sun Life Financial Chair in Adolescent Mental Health at Dalhousie University



Some warning signs for a mental health issue are isolation from others and one's usual social activities, a change in sleeping patterns, and depression. STOCKBYTE/THINKSTOCK

Some warning signs for a mental health issue are isolation from others and one's usual social activities, a change in sleeping patterns, and depression.

Kutcher says the biggest warning sign is if somebody had a previous mental illness (or disorder) prior to going to a post-secondary school.

For people who have had these conditions in the past, Kutcher says it is important that they make plans before arriving at school to have the appropriate care team in place.

And if somebody requires mental health treatment, they shouldn't be shy about seeking it out.

"Mental health is part of your health," says Condra. "If you had a very sore throat, you would not have second thoughts about going to a doctor. If you feel stressed and anxious all the time, we want you to think the same way about seeing a counsellor."

For treatment, most universities have counselling centres and student health services. In a crisis situation, one can go to their nearest emergency room.

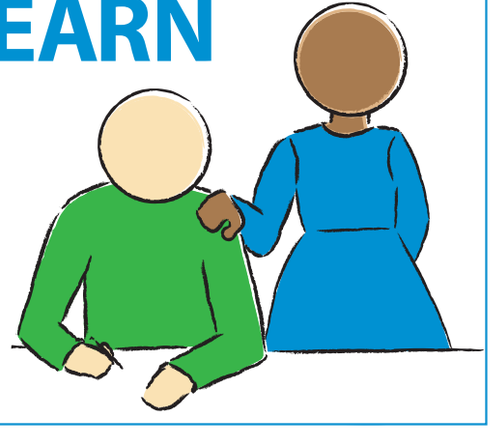
The health-care system also offers mental health services, although Kutcher cautions that wait times are long. A more timely option is to access a private provider, such as a psychologist. While this would cost money, it is possible the treatment might be covered under a parent's health plan or employee assistance plan.

Literacy Partners of Manitoba
is proud to offer

Go to LEARN

Your Go-To Guide for Adult Learning in Manitoba

A free service to help you find literacy programs, learning centres or Essential Skills training anywhere in Manitoba.



Online: gotolearn.mb.literacy.ca
E-mail: literacy@mb.literacy.ca
Phone: (204) 947-5757
Toll Free: 1-866-947-5757

Eating healthy while at college or university is a good idea to stave off weight gain and to boost brain health and alertness, say health and nutrition experts. ISTOCKPHOTO/THINKSTOCK

Avoid 'frosh 15'

KELLY PUTTER
For Metro

Binging on burritos might be a hallmark of life away from home, but it wouldn't hurt to summon mom's advice about eating your veggies the next time you are staring down a vending machine.

Eating healthy while at college or university is a good idea to stave off weight gain and to boost brain health and alertness, say health and nutrition experts.

"It's easy to see why healthy eating might fall off someone's radar when coming to school," says Marcus O'Neill, a dietician and assistant director of the Human Nutrition Research Unit at the University of Alberta. "They don't have mom and dad preparing meals and they're eating out more. There are more stresses and time constraints and parties."

The expression "frosh 15" or "freshmen 15," which describes the average 15 pounds it's said many freshmen gain in their first year, is quite real, says O'Neill, although he believes a gain of five to 10 pounds is typically more accurate.

To prevent frosh pounds and to keep your brain optimally charged, O'Neill recommends freshmen do everything they can not to skip meals. Eating regular meals means you are less likely to overeat at the next meal.

Try to pack a lunch as well as some healthy snacks. Keep food and snacks in your fridge, pantry or backpack. Accessibility to healthy, nutrient-rich food is critical because the closer and easier you are to good food, the less likely you are to gorge on empty, high-caloric grub.

"Eating out is the No. 1 source of increased calories," O'Neill says. "So the more often you can bring your lunch, the better."

Limiting your alcohol consumption will avert empty calories in addition to the temptation to overeat. O'Neill says recent studies have shown people are more likely to overindulge following alcohol consumption and the type of food consumed is probably not the best.

Staying hydrated is important for brain health, says Kelly Neville, a wellness co-ordinator at Memorial University in St. John's. Drinking plenty of water is a far better choice than filling up on high-calorie sugar drinks such as pop and juice. Also watch your caffeine consumption, she warns, as too much can cause irritability and anxiousness.

Because sleep deprivation can lead to weight gain, make sure you get the recommended seven to eight hours of shut-eye. A lack of sleep impacts hormones related to appetite and disrupts your metabolism, say O'Neill.

Optimal weight

- About 75 per cent of being at optimal weight is nutrition, according to Billy Strean, a physical education professor at the University of Alberta. It's much more about what you put and don't put in your mouth than it is about exercising. Working out will increase your chances of maintaining your weight, but the biggest reason people put on weight is because of changes in diet.

Increase your earnings.
Start a career in Accounting.

why Robertson College?
- Learn the latest accounting software
- Become Payroll certified
- Student Laptop program
- Half-day classes
- Career Services

classes start soon! Call now -
204.800.7933
www.robertsoncollege.com
ROBERTSON COLLEGE

Pre-K to Grade 12 | SAT/ACT Prep | Reading | Study Skills | Writing | Homework | Math | French
Some kids really do love school
School doesn't always have to be a struggle. In fact, some kids love it—and not just because of friends or good grades. They love it because they're willing to try, and because they feel confident in their ability to learn. All kids can love school. It just takes Oxford Learning to show them how.
Better confidence. Better motivation. Better grades.
Call today, or visit oxfordlearning.com
OXFORD LEARNING
Winnipeg 204.944.0898
3025 Ness Ave,
Winnipeg, MB, R2Y 2J2
winnipeg@oxfordlearning.com

24 HOUR COVERAGE
For as little as $13 a year, your child is covered for all accidents at school, home or play.
Register Online
MANITOBA School Boards ASSOCIATION
StudentAccidentInsurance.ca
PHONE TOLL FREE: 1-800-665-8990
EMAIL: sai@westernfgis.ca

Sign of the times

For the past 15 years, Beloit College has published an annual Mindset List to help remind professors that cultural references familiar to them might draw blank stares from college freshmen. Here are highlights from some of the recent lists:

- **2012 List (Class of 2016):** A significant percentage of them will enter college already displaying some hearing loss. There have always been blue M&Ms but no tan ones.
- **2011 List (Class of 2015):** They "swipe" cards, not merchandise. Refer to LBJ and they might assume you are talking about LeBron James.
- **2010 List (Class of 2014):** Few in the class know how to write in cursive. They never twisted the coiled handset wire aimlessly around their wrists while chatting on the phone.
- **2009 List (Class of 2013):** The Green Giant has always been Shrek, not the big guy picking vegetables. They have never used a card catalogue to find a book.
- **2008 List (Class of 2012):** They never heard an attendant ask, "Want me to check under the hood?" Soft-drink refills have always been free.
- **2007 List (Class of 2011):** They have grown up with bottled water. They drove their parents crazy with the Beavis and Butt-Head laugh.

THE ASSOCIATED PRESS

RISING STAR ACADEMY OF ARTS
Music and Dance Classes for All Ages
Tired of running between activities?
Join hundreds of families that are saving hours each month by scheduling Music or Dance classes for different children at the same time.
Call us today
to see how we can help you save time in your busy schedule.
204-669-2369
www.risingstaracademy.ca
REGISTER NOW
Angelina Ballerina Dance Academy™ at Rising Star Academy of Arts

Schools are now offering orientation on how to do laundry. ISTOCKPHOTO/THINKSTOCK

Time for a clean start

KELLY PUTTER
For Metro

Away from home for the first time, cleaning your mess is probably the last thing on your mind. But it's a necessary fact of living on your own.

Some students come by it naturally, while others need some prodding, says Cate Morrison, a residence life manager at the University of British Columbia.

"We've found cleaning issues are one of biggest sources of roommate conflicts," says Morrison. "If they can be proactive about it early on by establishing a schedule it eliminates conflicts later on."

To help students, the university offers a printed schedule with a rotating set of duties it suggests be assigned to each roommate.

The school even provides tip sheets on how to clean a kitchen in 15 minutes or how to degrease an oven.

While many residences provide some degree of cleaning services, it's a good idea for students to know how to clean in between visits from the pros. Besides, some residences don't clean the student's bedroom and often students will live off campus and need to fend for themselves.

Morrison suggests students stock up on cloths, dusters, all-purpose cleaners or wet cleaning wipes that come in a canister. Dish soap is handy to have as some students like to prepare meals or snacks in residence.

An odour eliminator such as Febreze is also a good idea to help freshen up stale rooms, especially in winter when windows are often closed.

UBC offers programs that teach students how to make green cleaning products. Recipes cover window and mirror cleaner, mould killers, baking soda scrubber, and a natural fruit fly trap.

UBC also offers an orientation on how to do laundry with tips on how to separate laundry and how to wash delicates.

"They either usually get the hang of it or wait till they go home on weekends for mom or dad to do," Littlejohn says. "They figure it out when white socks turn pink."

All-purpose cleaner

- Here is a recipe for a natural all-purpose spray cleaner from UBC's life residence manager Cate Morrison:
- 1/2 teaspoon washing soda
- A dab of biodegradable liquid soap
- 2 cups hot tap water
- Combine the ingredients in a spray bottle and shake until the washing soda has dissolved. Apply and wipe off with a sponge or rag.

SHOP! For great Back to School and household items at fantastic prices!
BRING THIS COUPON TO GET 25% OFF ONE ITEM.
ONE PER CUSTOMER. VALID ONLY ON SEPT 6TH - 8TH, 2012.
SOME EXCEPTIONS MAY APPLY
MCC FURNITURE THRIFT STORE
18 Keewatin Street, Winnipeg, MB
(one block north of Notre Dame Avenue)
204.694.3669 • mccfts@shaw.ca • mccfurniturethriftstore.com
Hours: Mon. to Wed., Fri. & Sat. 10am to 5pm,
Thurs. 10am to 8pm - closed Sunday and holidays

Money lessons. Learn good habits

JANE DOUCET
For Metro

Whether you are a student heading to college or university for the first time or beginning your graduating year, you may be overwhelmed by the fees that quickly add up, including those for tuition, books, residence and meal plan (or apartment rent, groceries and utilities) and transportation.

It's important to keep in mind that those costs must come before any cash you want to spend on such miscellaneous fun items as movies, concerts, pub crawls and clothes. The experts say this is an important time for young adults to take responsibility for their spending habits.

"You have to learn to manage your money yourself, even if your parents are helping you financially," says Sandra Daga, a chartered accountant and a professor in the management department of the University of Toronto's Scarborough campus. "It will help you learn to manage your money when you start working after you graduate."

Daga offers these tips to help students stretch their savings during the school year:

Dollars and sense

"You have to learn to manage your money yourself, even if your parents are helping you financially."

Sandra Daga, a chartered accountant and a professor in the management department of the University of Toronto

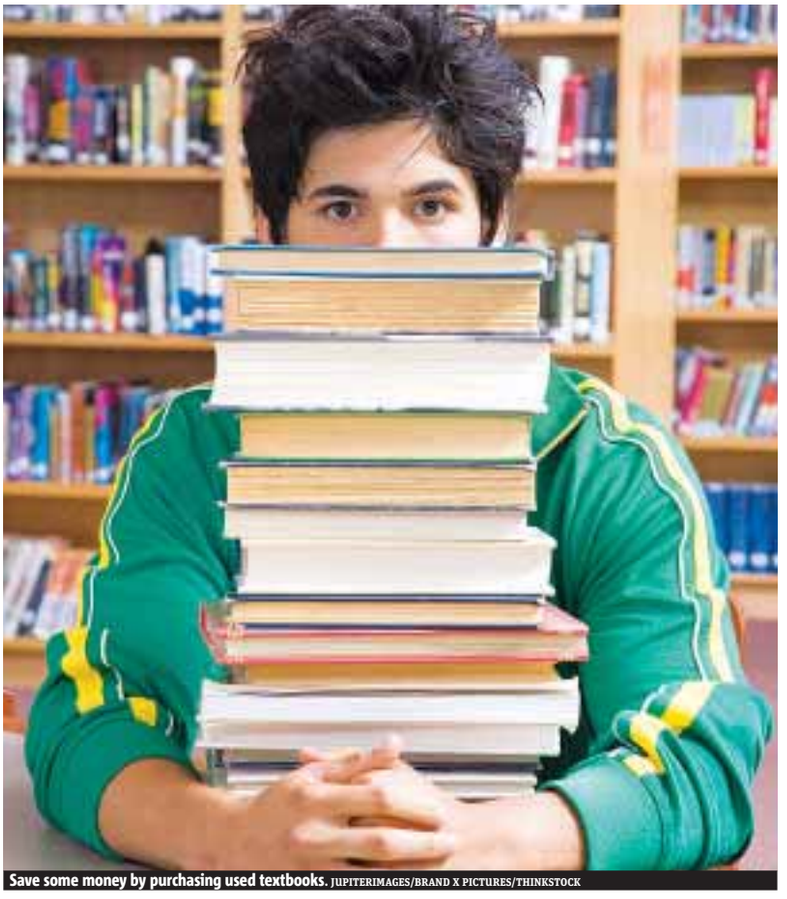
Ditch your wheels. Cars are expensive to maintain. Even if yours is paid for, there is the cost of gas, insurance and repairs. Plus, if you are in an accident, the insurance premiums may rise. "If you can, go car-free," says Daga. "If you live off campus, you can rent an apartment within walking distance or take public transit."

Share an apartment with friends. This is often cheaper per person than living in residence. If you prefer a quieter environment, many homeowners rent small basement apartments or a room in their house to help pay their mortgage. If the house is within walking distance of your school, you will save even more money.

Don't pay for new textbooks. You can buy them used, check them out of libraries, find out if you can rent them from your campus bookstore or visit such online-rental sites as Bigmama.ca.

Look for student discounts. Since you will want to have some fun while you are studying, scout around for student discounts on movies, concerts and museums. If you want to drop by the pub, find out when happy hour is, when drinks will be cheaper.

Create a spending plan. "Set up a plan for how you're going to spend money during the months that you're in school," says Daga. "Then do your best to stick to it so you're not broke at the end of first semester."



Save some money by purchasing used textbooks. JUPITERIMAGES/BRAND X PICTURES/THINKSTOCK

What will you do with last years school clothes and accessories?
Why not donate them to the Sally Ann
WE ARE IN URGENT NEED OF YOUR GENTLY USED CLOTHING AND HOUSEHOLD ITEMS.
GO TO THRIFTSTORE.CA FOR A LIST OF LOCATIONS
THE SALVATION ARMY
THRIFT STORE

Teen Boy Brand Name Down-Filled Puffer Vest, $89.99, Brand Name Tech Hoodie, $39.99, Brand Name Nylon Sports Bag, $49.99, Brand Name Denim, $34.99; Teen Girl Brand Name Denim Vest, $39.99, Chiffon Button-Up Top, $19.99, Three-Quarter Sleeve Sweater, $19.99, Coloured Denim, $19.99, Cotton and Leather Aztec Bag, $49.99. All available at Winners (winners.ca).

Teens. Amp up wardrobe with colours and textures

This fall, colour and pattern aren't frivolities. They are style requirements, according to Sarah Smithers, fashion expert at Winners.

Key trends for teen girls and boys this fall incorporate both.

While denim and other basics lay the groundwork for solid fall style (denim vests!), this season they are amped up with a riot of exuberant colours, prints and textures.

Girls — Coloured Denim

The shape: Skinny. The colours: Go crazy. Jeans are a perennial back-to-school style staple, but this season teen girls are taking the trend further with bold updates to basic blues.

Coloured and printed skinny jeans have been seen on celebs including Dakota Fanning, Taylor Swift and the Jenner sisters, so it's no surprise this trend is a big one for back to school. Think floral, geometric and animal prints.

First-day fashionistas will be pairing their statement denim with other bright, printed pieces to create an eclectic, modern-bohemian look.

Girls — Upper East Side

A pretty take on private school style, the Upper East Side style pairs sweet with tailored to capture a preppy look with a twist. Printed tops in light, soft fabrics with pretty details like bows are tempered by dark, neutral tailored blazers to create a sleek look.

For more edge, add statement accessories like leopard leggings and studded slipper shoes.

Boys — Varsity/ Collegiate

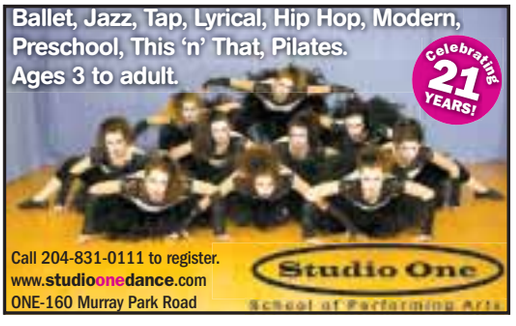
Collegiate cool pieces are scoring top style marks for teen boys this fall. Varsity-style jackets and sweaters have been spotted on Brit bands like One Direction, as well as on home-grown celebs like Drake and Justin Bieber. Teen boys are looking to re-create similar looks for themselves this September. Paired with simple, dark-coloured jeans, letterman jackets and vintage-inspired collegiate cardigans deliver a look that's current while referencing classic American college style. Checked shirts are another fall staple. This season they are more tailored to the body and pair well with skinny jeans as part of a varsity-inspired ensemble.

Boys — Colour Blocking

This season's back-to-school style basics, like comfy cotton hoodies and nylon pack-away puffer vests, are updated in ultra-saturated neon hues and sporty styles. When paired with more subdued denim in blue or grey, these pieces take a balanced approach to colour blocking.

Teen Boy Varsity-Inspired Cardigan, $39.99, Henley, $19.99, Flannel Button-Up Shirt, $16.99, Brand Name Coloured Denim, $39.99. Available at Winners (winners.ca).

Teen Girl Blazer, $34.99, Printed Blouse, $29.99, Belt, $16.99, Peplum Skirt, $12.99. All available at Winners (winners.ca).



ALUMINUM SOUND
DVD MOVIE SALE:
5 for $20 (Or 4.99 each)
"Over 300 titles to choose from"
T-shirts, Posters, Buttons, Hats, Postcards,
Stickers, Belt Buckles, and much more...
251 VAUGHAN ST.
(204) 956-4340 (across from the Bay)

AIR CADETS

LET YOUR CHILD TAKE WINGS!!! WE'VE GOT 70 YEARS OF EXPERIENCE HELPING THEM TO DO THAT!

How often in today's society do we hear that children are bored or have nothing to do? Or when they do find something that interests them, such as hockey, soccer, etc., then some of these programs can be well out of reach of the ordinary family's pocket, especially if there is more than one child involved.

Well 191 RCACS West Winnipeg Rotary Air Cadet Squadron would like to offer you a solution – let them join the Air Cadets!!

The aim of this long standing organization is to develop in youth between the ages of 12 and 18 years, the attributes of good citizenship and leadership, promote physical fitness and to stimulate interest in the aviation and aerospace industry which includes the air element of the Royal Canadian Air Force. All of this is done in a challenging yet disciplined environment.

191 RCACS is just about to enter its 70th year of service offering both young men and women the opportunity to take part in such activities as gliding, powered flight, biathlon, marksmanship, survival, drill and band to name but a few and all of this at no cost to themselves or their parents. Cadets also have the opportunity to take part in summer training camps and, believe it or not, when a cadet goes to one of the many camps offered, either nationally or internationally, not only is all the travel and accommodations paid for but the Cadet actually gets paid for their attendance. Now that has to be a good deal, don't you agree?

There is NO COST to join the Air Cadet Program. ALL training and uniforms are provided and each and every cadet has the opportunity to take part in any or all of these activities.

It should be noted that Cadets are Civilians! They are not members of the military and are not expected or required to join any part of the Canadian Armed Forces, however, it is a little known fact that one in five private pilots in Canada and 67% of commercial and airline pilots began their careers as Air Cadets. Having a resume that reflects that someone is/was an Air Cadet is respected by a great many future employers.

191 RCACS parade every Friday evening from 6:30 p.m. – 9.30 p.m. at our new location at **Oak Bluff Recreation Centre, Oak Bluff, Manitoba**, just west of the perimeter off of McGillivary Blvd., and we will be starting our 2012/2013 training program on Friday, September 7th.

Registration of new cadets will be held at 6:30 p.m. on Friday, September 14th.

If your son or daughter is between the ages of 12 and 18 years of age and would like more information about 191 RCACS please contact us at 191rcacspa@gmail.com or visit our website at www.191rcacspa.ca

We look forward to meeting you.

CFL

Owens is offensive player of the week

Toronto slotback Chad Owens has been named the CFL's offensive player of the week, while teammate Ahmad Carroll took defensive honours. Owens had 176 receiving yards and one touchdown vs. Hamilton on Labour Day. THE CANADIAN PRESS

Chad Owens
ARGOS HANDOUT/TORSTAR NEWS SERVICE

Mixed martial arts

St-Pierre, Silva super-fight 'pretty close,' says White

UFC boss Dana White says should Georges St-Pierre defeat Carlos Condit, the Canadian mixed martial arts star will likely take on middleweight champion Anderson Silva next.

"I think we're pretty close," White, speaking on the UFC on Fuel TV show, said of the proposed super-fight between the two champions.

The 31-year-old St-Pierre (22-2) has not fought this year because of a knee injury but was recently given a clean bill of health and is expected to meet Condit, the interim title-holder, later this year. THE CANADIAN PRESS

NFL

"You're not trying to get autographs from them, you're trying to win a game."

Rookie QB Andrew Luck on facing pro bowlers Julius Peppers and Brian Urlacher when his Indianapolis Colts take on the Chicago Bears this Sunday.

Sharapova rallies to secure spot in final four at U.S. Open

Maria Sharapova celebrates her victory over Marion Bartoli in the U.S. Open quarter-finals in New York on Wednesday. DARRON CUMMINGS/THE ASSOCIATED PRESS

Tennis. Third-seeded Russian 'really another player' after returning from rain delay

Maria Sharapova came from behind after a rain delay for the second straight match, advancing to the U.S. Open semifinals with a three-set victory over Marion Bartoli on Wednesday.

The four-time Grand Slam champion won 3-6, 6-3, 6-4, a day after the quarter-final started.

Sharapova had trailed 4-0 when rain halted play. After more wet weather delayed the restart, she couldn't erase the deficit in the first set but gritted out the win to improve to 12-0 in three-set matches this year.

"It's a great statistic. It shows that I enjoy the battle no matter what the score is," she said. "The third set, it's the last set out there, and there's no reason why you shouldn't put everything out there."

Once they returned to the court Wednesday, Bartoli said, "it was a totally different match."

"The first time when we start maybe Maria was a bit slower on her footwork," she said. "She wasn't serving that well. Obviously coming out again today she was really another player."

But the 11th-seeded Bartoli, in the U.S. Open quarter-finals for the first time, wasn't about to complain about her bad luck.

"I wish I had the power over the sky and say, 'No, please, don't rain,"' she joked.

In the fourth round Sunday, the third-seeded Russian was down a break in the third set to Nadia Petrova before rallying after an hour-long break. She will face top-ranked Victoria Azarenka, who finished her match Tuesday.

Sharapova broke Bartoli's serve at 4-4 in the decisive set to put herself in position to serve out the match. The Frenchwoman saved two break points and earned a game point, but Sharapova pressured her into three straight mistakes to go up 5-4.

Sharapova's 10th ace gave her match point. THE ASSOCIATED PRESS

Quoted

"I've never been so close to beating her. I really felt like I'm on the right path."

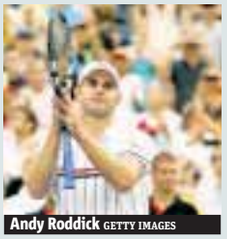
Marion Bartoli, who had never won a set against Maria Sharapova in four previous meetings before the 2012 U.S. Open.

Men's action

Roddick waves goodbye to pro tennis

Chants of "Let's go, Andy!" rang out between points during the last service game of his career, and again before the start of what would wind up as the last return game.

A fan favourite at the U.S. Open, and the 2003 champion, Andy Roddick headed into retirement with a 6-7 (1), 7-6 (4), 6-2, 6-4 loss to Juan Martin del Potro in the fourth round at Flushing Meadows on Wednesday. THE ASSOCIATED PRESS



Andy Roddick GETTY IMAGES

CFL

Eskimos pick up O'Donnell for Riders

The Edmonton Eskimos have acquired the rights for offensive lineman Matthew O'Donnell from the Saskatchewan Roughriders in exchange for wide receiver Greg Carr, the club announced Wednesday.

O'Donnell was drafted by the Roughriders in the second round of the 2011 CFL Canadian draft, but he opted to sign with the NFL's Cincinnati Bengals.

He spent the 2011 season on the Bengals practice roster and was cut by the team this season.

The Comox, B.C., native played college football with Queen's University in the CIS. He was named the top CIS offensive lineman twice in 2009 and 2010, earning all-Canadian honours both years.

"From our perspective, we are very pleased to gain the rights to a quality young Canadian offensive tackle," Eskimos general manager Eric Tillman said in a statement. "Matthew's development began at Queens, a program we hold in high regard, and we feel he's made substantial improvement during his time with the Cincinnati Bengals, via two training camps and a full year on their practice squad." THE CANADIAN PRESS

Baseball. Goldeyes jump out to early series lead with Game 1 win in Fargo

The Winnipeg Goldeyes entered the playoffs stressing the importance of at least earning a split in the first two games of their first round American Association playoff series down in Fargo, N.D.

They didn't wait around.

The Fish held the top-seeded Fargo-Moorhead RedHawks' offence in check to win Game 1 of their best-of-five series 4-2.

Winnipeg third baseman Amos Ramon did the majority of the offensive damage, going 4-for-4 with 3 RBIs, including a two-run dinger to deep centre in the seventh that put the Fish ahead for good.

Game 1

Goldeyes	RedHawks
4	2

And then came the game's turning point, when Winnipeg outfielder Kyle Day found some near instant redemption.

With one out and one on in the seventh, all-star Zach Penprase drove a pitch to left where Day committed an error that allowed Todd Jennings to advance to third and Penprase to second. The Goldeyes' 3-2 lead was in jeopardy.

Two pitches later, Day snagged a deep fly ball and gunned out Jennings at the plate. The double play ended the threat and the Fish held on.

Goldeyes starter Ace Walker tossed into the seventh before being replaced by Brian Beuning. Walker allowed two runs on just four hits, adding four strikeouts in the win. Beuning did the rest to capture the save. DARRIN BAUMING/FOR METRO

4 SPORTS

Mobile sports

Imagine if an athlete checked into a clinic to get his legs artificially lengthened, then came back to beat Usain Bolt over 200 metres on surgically improved limbs. Is such a day far off? Scan the code for the story.

Stilwell falls short of repeat double-gold performance

Paralympics. Canadian sprinter falls to Belgium's Vervoort in 100-metre final

Michelle Stilwell, left, crosses the finish line after Belgium's Marieke Vervoort on Wednesday. MICHAEL STEELE/GETTY IMAGES

Michelle Stilwell was a slip of the hand away from repeating as a double gold medallist at the Paralympic Games.

The wheelchair sprinter from Nanoose Bay, B.C., took silver in the T52 100 metres Wednesday after winning the 200 metres earlier in London.

"Unfortunately I don't get to hear O Canada and sing it as loud as I did the other day," Stilwell said. "I gave it everything I have and silver is nothing to be disappointed about."

Hers was one of four silver, a bronze, but no gold, by Canadian athletes on Wednesday.

Wheelchair racer Brent Lakatos of Dorval, Que., was second in the T53 800 metres for his second silver at the track.

Benoit Huot of Montreal claimed silver in the S10 400-metre freestyle to complete his set of gold, silver and bronze so far at the pool. Montreal's Aurelie Rivard also won silver in the women's 400 freestyle.

Canada's cycling team also won its first medal of the Games with Marie-Claude Molnar of Lemoyne, Que., taking bronze in the women's C4 road race.

Stilwell was the gold medallist in both the 100 and 200 metres in Beijing. She aimed for repeat performances in London. Her T52 classification is for quadriplegic racers.

Her left hand slipped on her opening stroke of the 100. Belgium's Marieke Vervoort took advantage of the mistake and held the Canadian off for gold.

Lakatos couldn't catch Richard Colman of Australia in the men's T53 800 metres.

Huot now has a swimming medal of each metal in London. Born with club feet, he races in a classification of minimal physical impairment.

Rivard, 16, was second to Elodie Lorandie of France, who won gold in 4:34.55.

THE CANADIAN PRESS

Medal haul

Canada improved to 21 medals in total with four gold, 11 silver and six bronze.

Jays halt Orioles' rise

Blue Jay Yunel Escobar slides home on a single by Adeiny Hechavarria in front of Baltimore catcher Matt Wieters on Wednesday in Toronto. Rajai Davis had a home run and three RBIs as the Jays avoided being swept by the Orioles with a 6-4 win. Baltimore fell out of a first-place tie in the AL East with the New York Yankees, who also won 6-4 in Tampa Bay against the Rays.

VINCE TALOTTA/TORSTAR NEWS SERVICE

MLB

Doping ban for pitcher in Jays' farm

Another minor-league pitcher in the Toronto Blue Jays' system has been suspended for doping.

The Office of the Commissioner of Baseball announced Wednesday that right-handed pitcher Jose Brito has been suspended for 50 games without pay after testing positive for Stanozolol, an anabolic steroid. Brito is on the roster of the Dominican Summer League Blue Jays.

The ban comes a week after Jays pitching prospect Marcus Stroman was suspended 50 games after testing positive for the drug Methylhexaneamine.

THE CANADIAN PRESS

OFFICIAL FAN PHOTOGRAPHER
FOR THE
WINNIPEG BLUE BOMBERS
GET ON THE FIELD WITH YOUR TEAM
• 2 TICKETS TO THE GAME
• 1 WINNIPEG BLUE BOMBER JERSEY
• PHOTOGRAPH THE TEAM FROM THE SIDELINES, WITH THE LATEST NIKON EQUIPMENT
• 1 OF YOUR IMAGES PUBLISHED ON THE WINNIPEG BLUE BOMBER WEBSITE
ENTER IN-STORE TO WIN!
WINNIPEG LOCATIONS
1839 Main Street
845 Dakota Street
410 Portage Avenue
Nikon
Don's Photo
Let's talk photography.

Horoscopes

♈ Aries
March 21 - April 20
It seems you can do no wrong where affairs of the heart are concerned. You are affectionate in the extreme at the moment, but you must be selective. Try not to fall madly in love with everyone!

♉ Taurus
April 21 - May 21
Moderation is a must because if you go too far you will find it hard to stop. By all means have fun but be wary of people who try to persuade you to go places and do things that invite trouble.

♊ Gemini
May 22 - June 21
People you meet while traveling or socializing will be fun and there is even a chance of romance. You are advised though not to take new relationships too seriously. They are unlikely to stand the test of time.

♋ Cancer
June 22 - July 23
You need cheering up a bit and if spending money does it for you then go right ahead. There are worse things in life than splashing out on the occasional luxury, and no one can say you don't deserve it.

♌ Leo
July 24 - Aug. 23
Venus in your sign over the next few weeks will make you more laid back than usual but there is a danger that you could be a bit too casual in your ways. Also, keep personal feelings out of business matters.

♍ Virgo
Aug. 24 - Sept. 23
By all means, help others in need but first make sure that they are genuine and deserving cases. Sadly, some people will feign all sorts of misfortune just to get a few extra bucks. Don't fall for it.

♎ Libra
Sept. 24 - Oct. 23
You will go out of your way to avoid confrontation today, which is good, but don't give so much that others come to expect it of you. Yes, it is possible to be too nice.

♏ Scorpio
Oct. 24 - Nov. 22
Try not to be suspicious if someone in a position of authority suddenly seems to think you are the best thing since sliced bread. It's possible they are after something but more likely they genuinely appreciate you.

♐ Sagittarius
Nov. 23 - Dec. 21
This should be a productive day for you but don't try too hard or you might strain something. Good things will come your way whether or not you make much of an effort, so sit back and let it happen.

♑ Capricorn
Dec. 22 - Jan. 20
If you need to discuss matters related to your wealth, such as investments or property, this is as good a day as any. Know what you want but be prepared to compromise too. Everyone can be a winner.

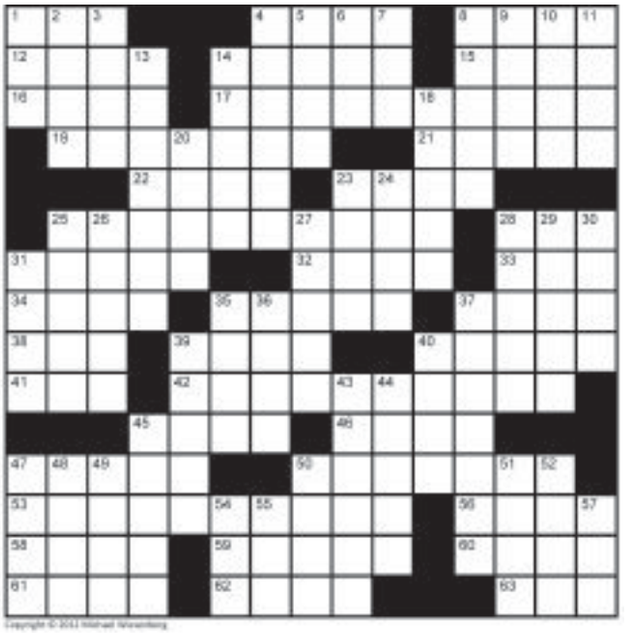
♒ Aquarius
Jan. 21 - Feb. 19
Venus moves into your opposite sign of Leo today, making you more open and affectionate than usual. Any relationship problems you've been having can easily be resolved. All it requires is a bit of give and take.

♓ Pisces
Feb. 20 - March 20
Wishful thinking may be fun but it does not pay the bills. Two things are needed now: a clear goal and a realistic idea of how you are going to get from where you are to where you want to be.

SALLY BROMPTON

Crossword: A PM, Distance, and Two Flora

BY MICHAEL WIESENBERG



Across
1. Big ___: large truck
4. Drink in one gulp
8. Apple attachment
12. "___ I care" (2 wds.)
14. Scarlett ___
15. Skin opening
16. Lima's land
17. 21st PM (2003-2006) (2 wds.)
19. Author of a mournful poem lamenting the dead
21. Vancouver CFL Team
22. Boor
23. Ship's jail
25. Trans-Canada Highway distances
28. "I ___ You, Babe": Sonny and Cher hit
31. Hereditary units
32. Chair or bench
33. "Mais, ___!"
34. Praise
35. Pick ___: draw from the deck (magician's instruction) (2 wds)
37. Either point of a crescent moon
38. Corn, form, or cycle prefix
39. At some distance
40. Hudson's Bay Company's early stock
41. Ancient Egyptian boy king
42. Prominent Prairie Provinces feature
45. Long, long time
46. "___ That a Shame"
47. "I Can't ___ Satisfaction": Rolling Stones (2 wds.)
50. Neither animal nor vegetable
53. BC's wooded tropical region (2 wds.)
56. Grandson of Adam who reputedly lived to 905
58. ___ of Man or Capri
59. Leonard ___: *Star Trek* Spock portrayer
60. Comedy sketch
61. Head: Fr.
62. Black
63. Donkey

Down
1. Eminem's forte
2. "Understood!" (2 wds.)
3. Young female
4. Pure and virtuous
5. High: Fr.
6. http://www.metronews.ca, e.g.
7. Attractive leg, slangily
8. Bit of mistletoe or holly
9. Dorothy's dog
10. ___ go bragh
11. ___ room: loo
13. Gassed up
14. Drug from poppies
18. Like top-name celebrities (2 wds.)
20. Sticky substances
23. Uncle Remus character ___ Rabbit
24. Peruse
25. Canadian star Reeves
26. Yukon natives
27. Bygone Russian despots
28. Elliott of *Ocean's 11, 12, 13*
29. Boots from office
30. Restaurant table leavings
31. Surfeit
35. Bushy hairdo
36. *The Godfather* actor James
37. Shopping ___: malls
39. ___ Aquarius, Innocence, or Reason (2 wds.)
40. Window unit
43. Printemps, par exemple
44. Covered with tiny cloth fibers
45. Year: Fr.
47. Canadian Liberal
48. Let up on
49. Full ___: at top speed
50. Short note
51. Ottawa-born singer-composer Paul
52. ___ & *Clark*: American television series based on the Superman comic books
54. Single
55. Adam's ___: Eve's "source"
57. Yonge in Toronto and Main in Winnipeg: abbr.

Yesterday's Crossword

What's online

See today's answers at metronews.ca/answers.

Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

	3	9		4		1		
2								7
6		5		8				
9		2	4			6		
	8						1	
		6			7	8		2
				6		3		1
5								8
		4		9		5	7	

Yesterday's Sudoku

Weather

TODAY	FRIDAY	SATURDAY
MAX: 19° MIN: 8°	MAX: 21° MIN: 9°	MAX: 28° MIN: 11°

BT BREAKFAST TELEVISION

JENNA KHAN
WEATHER SPECIALIST
"Weather impacts everything we do. Providing the information you need before you head out that door and take on the day is the best part of my morning." **WEEKDAYS 6 AM**

Search over 50,000 used cars, fast and free.

autocatch.com

FREE TRIAL
lavalife VOICE
CALL NOW!
204-987-2222
Toll Free: 1-866-348-5282
1-900 BILLING! 1-900-528-2543
DIAL #CLICK (#25425)
79¢/MIN. BELL, ROGERS™, FIDO
99 ¢/MIN VIRGIN MOBILE
lavalifevoice.com
18+ *Restrictions may apply

SIMPLE CREMATION
$850 +GST
WINNIPEG AND MANITOBA'S BEST VALUE GUARANTEED!!!

Prices subject to change without notice

At Wojcik's, we employ honest, sincere and professional Licensed Funeral Directors, who are paid by salary and comfortably guide our families through At-Need and Thoughtful Pre-Planning Arrangements.

WE DO NOT SOLICIT NOR EMPLOY ANY HIGH PRESSURE COMMISSIONED SALES PEOPLE

For well over 30 years, Richard Wojcik, owner of Wojcik's All Beliefs & Faiths Funeral Chapel & Crematorium Inc., has worked in funeral service for many of Winnipeg's funeral chapels including both international corporations and Beausejour, MB. Wojcik's is a locally owned family business and for the past several years, Richard, Louise and their staff have served Winnipeg and rural Manitoba communities & cemeteries with the utmost pride and respect.

"If You Want To Be Treated As Family - Choose The Wojcik Family"

- *Original Family Owned & Operated Funeral Chapels*
- *Privately Owned Crematorium*
- *Serving All Faiths & Beliefs, Places of Worship & Cemeteries In Winnipeg & Rural Manitoba*

"We're Still Small Enough to Care"

Richard A. Wojcik, Louise, Rachel & Ryan

Wojcik's

ALL BELIEFS & FAITHS
FUNERAL CHAPEL & CREMATORIUM

"Where care & compassion come from understanding"

www.wojciksfuneralchapel.com

Photo courtesy of Elchesben Photography

Located 1 block west of Deer Lodge Centre
2157 Portage Avenue
@ Sharp Boulevard
204 - 897 - 4665

&

Serving
Beausejour, Manitoba
204 - 268 - 2263

&

Located 4 blocks south of the Redwood Bridge
1020 Main Street
@ Manitoba Avenue
204 - 586 - 8668